

# San Bruno

Parks & Recreation Services Department



## Spring 2008

### Recreation Activity Guide

We create community through people, parks & programs.



The San Bruno Parks & Recreation Services Department is committed to providing quality programs and services to benefit the health and well-being of the community.

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## Creating Community through People, Parks and Programs

*WE strengthen community image and sense of place*  
*WE support economic development*  
*WE strengthen safety and security*  
*WE promote health and wellness*  
*WE foster human development*  
*WE increase cultural unity*  
*WE protect environmental resources*  
*WE provide recreational experiences*  
*WE facilitate community problem solving*

To get your own copy of the profession's strategic plan, visit CPRS' website at [www.cprs.org](http://www.cprs.org)

## Class Locations

Allen School: 875 W. Angus  
 Belle Air Community Center: 400 3<sup>rd</sup> Avenue  
 Forest Hill Christian Church: 250 Laguna Honda Blvd. 5F  
 Dojo USA: 731 Kains Avenue, San Bruno  
 Grundy Park: Cherry & Park Avenues  
 Ice Center: 2202 Bridgepointe Parkway, San Mateo  
 Millbrae Community Center: 477 Lincoln Cir, Millbrae  
 Monte Verde Elem. School: 2551 St. Cloud Drive  
 Planet Granite: 100 El Camino Real, Belmont  
 Portola Elem. School: Amador & Lake Drive  
 Veterans Memorial Recreation Center: City Park -  
     251 City Park Way (Crystal Springs @ Oak Ave.)  
 Tanforan Professional Center: 1405 B Huntington,  
     So. San Francisco





# GENERAL INFORMATION

## San Bruno City Council

Larry Franzella, Mayor  
Ken Ibarra, Vice Mayor  
Rico E. Medina, City Council Member  
Irene O'Connell, City Council Member  
Jim Ruane, City Council Member

Connie Jackson, City Manager

The City Council meets the 2nd & 4th Tuesdays of each month at 7:00pm. Council meetings are held at the San Bruno Senior Center.

## Parks & Recreation Commission

Lucy Zamattia, Chair  
Laura Davis, Vice Chair  
Lorry Greenberg  
Tom Lara  
Stephan Marshall  
David Nigel  
Greg Pierce  
Bob Stanton  
Amanda Estelita, Youth Representative

The Parks & Recreation Commission meets the 3<sup>rd</sup> Wednesday of each month at 6:30pm. Commission Meetings are held at San Bruno City Hall, Room #115.

## Parks & Recreation Services Staff

Wendy Mines, Interim Parks & Recreation Services Director  
Danielle Brewer, Recreation Services Manager  
Mary Tessier, Recreation Services Supervisor  
Jennie Tucker, Recreation Services Supervisor  
Dee Fabela, Recreation Services Supervisor  
Steve Freitas, Acting Buildings & Facilities Manager  
Jeff Madonich, Acting Parks Manager  
Jackie Mattias, Executive Assistant  
Vacant, Secretary  
Gloria Deeter, Nutrition Manager  
Susan McCaman, Social Services Coordinator  
Ron Miles, Senior Bus Driver

## Office Locations:

### Veterans Memorial Recreation Center

251 City Park Way  
Phone: (650) 616-7180  
Fax: (650) 583-2545  
Business Hours  
Monday - Thursday 8:00am - 9:00pm  
Friday 8:00am - 5:00pm  
Saturday & Sunday 9:00am - 1:00pm

### Mailing Address

567 El Camino Real  
San Bruno, CA 94066

### Parks Division

1125 Crystal Springs Avenue  
Phone: (650) 616-7195  
Fax: (650) 225-9314

### Senior Center

1555 Crystal Springs Road  
Phone: (650) 616-7150  
Fax: (650) 589-8219  
Business Hours  
Monday - Friday 8:00am - 4:00pm

### Field Condition Hotline

(650) 616-7188

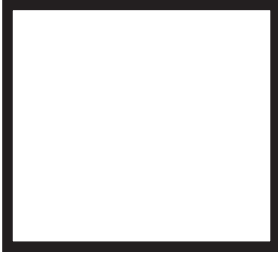
### Website

[www.sanbruno.ca.gov](http://www.sanbruno.ca.gov)

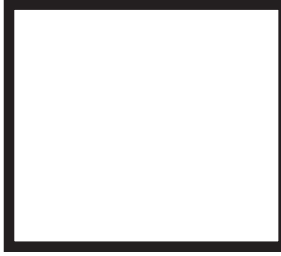
## Youth Enhancement Scholarship Program for Recreation Programs & Services

This scholarship fund is designed for youth ages 17 and under who are San Bruno Residents seeking financial assistance for recreation programs and activities. For additional information, please contact Danielle at the San Bruno Parks & Recreation Services Department at 650-616-7182. Proof of residency is required at time of application.

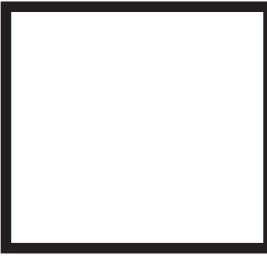
# PARKS AND RECREATION COMMISSIONERS



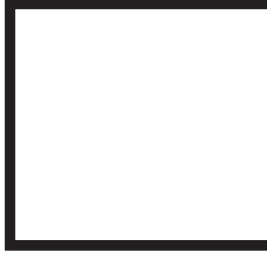
**Lucy Zamattia**  
Chair



**Laura Davis**  
Vice Chair



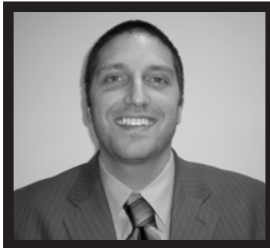
**Amanda Estelita**  
Youth Representative



**Lorry Greenberg**  
Commissioner



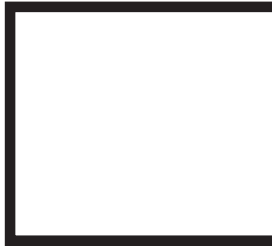
**Tom Lara**  
Commissioner



**Stephan Marshall**  
Commissioner



**David Nigel**  
Commissioner

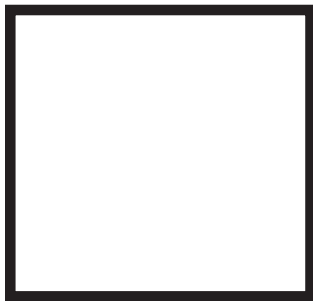


**Greg Pierce**  
Commissioner

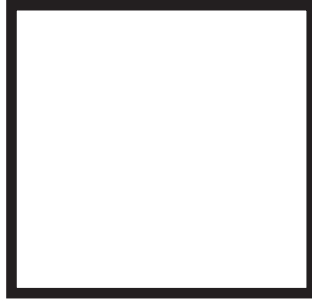


**Bob Stanton**  
Commissioner

# SENIOR CITIZENS ADVISORY BOARD



**Dale Sly**  
Chair



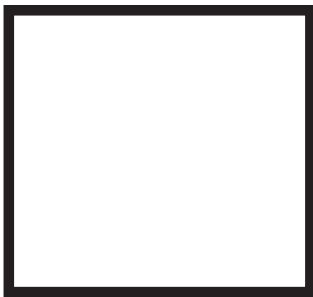
**Dorothy Carmichael**  
Vice Chair



**Bill Goff**  
Committee Member



**Tony Gerald**  
Committee Member



**Loretta Groulx**  
Committee Member



**Barbara Luzaich**  
Committee Member



**Arland Sponsler**  
Committee Member



# PICNIC SITE RENTAL INFORMATION

## San Bruno City Park Areas

Small Areas (Areas 1-6 & 8-11):	\$85 Resident, \$165 Non-resident (Per Site - March 1-October 31) \$40 Resident, \$85 Non-resident (Per Site - November 1-February 29)
Medium Areas (Areas 7 & 12):	\$95 Resident, \$190 Non-resident (Per Site - March 1-October 31) \$50 Resident, \$95 Non-resident (Per Site - November 1-February 29)
Large Area: (Beckner Shelter - Area 14):	\$300 Resident, \$600 Non-resident (March 1-October 31) \$150 Resident, \$300 Non-resident (November 1-February 29)

## Commodore Park Rental Areas

Small Areas (Areas 1-3):	\$85 Resident, \$165 Non-resident (Per Site - March 1-October 31) \$40 Resident, \$85 Non-resident (Per Site - November 1-February 29)
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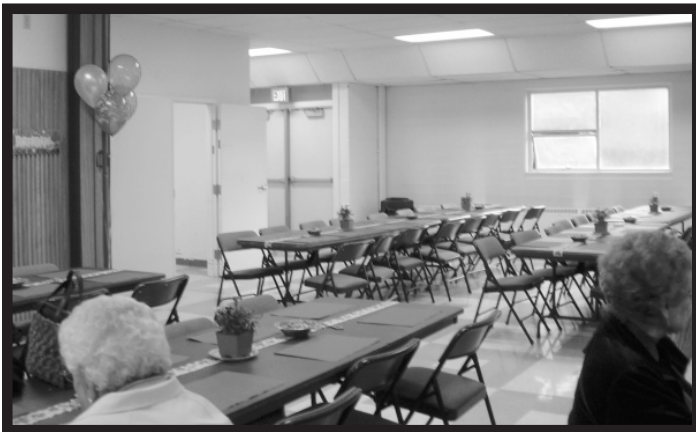
## Grundy Park Rental Areas

Small Area (Area 1):	\$85 Resident, \$165 Non-resident (Per Site - March 1-October 31) \$40 Resident, \$85 Non-resident (Per Site - November 1-February 29)
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## FACILITY INFORMATION

Facilities are available for reservation at the San Bruno Veterans Memorial Recreation Center and San Bruno City Park. Apply in person at the Recreation Center Office located in San Bruno City Park, 251 City Park Way, Monday through Thursday from 8:30am to 8:30pm, Friday from 8:30am to 4:30pm, and Saturday & Sunday from 9:30am to 12:30pm. For further information, call (650) 616-7180.



### Meeting Room Rental Fees

(1st four hours): \$284 Resident, \$558 Non-resident  
(each additional hour): \$74 Resident, \$148 Non-resident  
(cleaning/security deposit): \$400

### 1/2 Meeting Room Rental Fees

(1st four hours): \$142 Resident, \$279 Non-resident  
(each additional hour): \$37 Resident, \$74 Non-resident  
(cleaning/security deposit): \$200

### Gymnasium Rental Fees

(Per Hour): \$95 Resident, \$190 Non-resident  
(cleaning/security deposit): \$100














































































### Conference Room Rental Fees

(1st three hours): \$45 Resident  
(each additional hour): \$14 Resident  
(cleaning/security deposit): \$100

## San Bruno Senior Center

Nestled in the natural setting of San Bruno Park, the San Bruno Senior Center offers nearly 5,000 square feet of floor space in the multipurpose room along with a spacious kitchen. Reservations must be made at the Senior Center, Monday through Friday from 8:30am-3:30pm. For further information, call Wendy Mines, Recreation Services Manager, at (650) 616-7151.

# PARK INFORMATION

		Acres	
Bayshore Circle Park	N. Bayshore Circle	1	  
Belle Air Field/Lions Park	S. End 1 <sup>st</sup> & 3 <sup>rd</sup> Aves.	3	    
Buckeye Park	Rosewood Dr. near Madison Ave.	7	   
Catalpa Tot Lot	Catalpa @ Toyon Ways	1/2	 
City Park	Crystal Springs @ Oak Aves.	31	          
Commodore Park	Commodore Dr. @ Cherry Ave.	4	      
Crestmoor High Athletic Fields	Top of Courtland Dr.	12	     
Earl & Glenview Park	Earl Ave. @ Glenview Dr.	2	
Fleetwood Tot Lot	Fleetwood near Rollingwood Drs.	1/2	  
Forest Lane Park	Forest Ln. @ Green Ave.	4	    
Grundy Park	Cherry & Park Aves.	4	      
Herman Tot Lot	Diamond & Herman Sts.	1/4	 
Lomita Park	500 San Anselmo Ave.	1/4	  
Monte Verde Park	Oakmont @ Evergreen Drs.	5	  
Pacific Heights Park	Longview @ Goodwin Drs.	5	    
Ponderosa Park	Pacific Heights Blvd. @ Seacliff Way	4	  
Posy Park	San Mateo @ Huntington Aves.	1/4	
7 <sup>th</sup> Ave. Park	7th @ Angus.	1/2	   
7 <sup>th</sup> & Walnut	7th @ Walnut Aves.	1	   



# HELP OUR CITY CELEBRATE ARBOR DAY

**SATURDAY, MARCH 22, 2008**



To help reforest our community, we are offering new Street Trees to residents as part of our Arbor Day Celebration. Street Trees are trees planted in the planting strip or within the City right-of-way in front of your home. We will hold a community tree-planting event on Saturday, March 22, 2008 as part of this celebration. The City will choose trees from our Master Street Tree list that are determined to be most suitable for your area.

To Qualify for a Street Tree you will need to meet the following requirements:

1. Have a space in front of your property suitable for a Street Tree.
2. Must be able to water the tree until it is established.

If you would like a new Street Tree, please fill out the attached form and return it to us by March 4, 2008. If you have any questions about this program, contact the Parks & Recreation Services Department at (650) 616-7180.

ARBOR DAY - NEW STREET TREE APPLICATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

☐ I would like to volunteer and help plant this tree.

☐ I want the City to plant the tree.

Deadline for application is  
March 4, 2008

Please mail application to:  
San Bruno Parks & Recreation Services Department  
Arbor Day Celebration  
567 El Camino Real  
San Bruno CA, 94066

Hand deliver application to:  
War Memorial Recreation Center  
251 City Park Way  
San Bruno CA, 94066



# SPRING & SUMMER EVENTS

## AM & PM Plus! Spring Vacation Camp

This program is designed for parents who need extended care or for those children who just can't get enough camp. Recreation Leaders will be on site to play games, and do craft projects.

Ages 4-10.

Cost: \$30 Resident, \$36 Non-resident (price is per session)

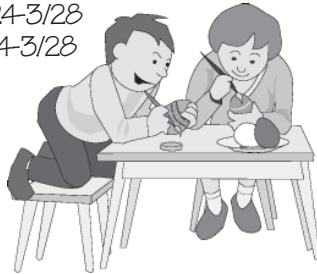
Location: San Bruno Recreation Center Teen Room

Instructor: Recreation Leaders

Days: Mon.-Fri.

2601.201 7:30-10am 3/24-3/28

2601.202 4-6pm 3/24-3/28



## Spring Vacation Camp

It's almost spring vacation again and you are probably looking for something for your child to do during their school break. San Bruno Parks and Recreation Services Department is offering a Spring Vacation Camp! Participants will join Recreation Leaders in games, special events, storytelling, arts and crafts, baking, gift making and all around fun. The camp leaders will keep your children active all day! Bring a bag lunch each day! Ages 4-10.

Cost: \$131 Resident, \$146 Non-resident

Location: San Bruno Recreation Center Meeting Room

Instructor: Recreation Leaders

Time: 10:00am-4:00pm

Days: Mon.-Fri.

4-5 years

2600.201 10am-4pm 3/24-3/28

6-8 years

3600.201 10am-4pm 3/24-3/28

9-10 years

3600.202 10am-4pm 3/24-3/28

## Join us for the 6th Annual San Bruno Community Night at SBC Park

**Friday, August 8**

**San Francisco Giants take on  
the Los Angeles Dodgers**

**7:15 pm Game Time**

**Tickets: \$30 each (Bleachers)**

Show your team spirit by getting a group of people together and cheering on the Giants! Tickets available beginning April 7 at the San Bruno Recreation Services Department.

**For additional information,  
contact 616-7183.**

## Pre School Open Gym

This is a non-instructional, supervised play work-out for children 1-5 years of age. Participants register at the door for \$5. Parents, guardians, or daycare providers must stay and participate with their children. Toddlers under 12 months are not charged and may attend with paying brother/sister/daycare groups. Activities and equipment include: hula hoops, balls, jump ropes, mats & wedges, hippity hops and more! No open gym 5/26.

When: Mondays (ongoing)

Time: 11am-12:30pm

Where: San Bruno Recreation Center Gym

Instructor: Janet Monaghan

Cost: \$5 per participant, 1-5 years old, or you can purchase a gym pass for \$46 for 11 uses

For more information, contact Dee at 616-7183.



# SUMMER PREVIEW

## Summer Job Opportunities

We are now accepting applications for various part time positions for Summer (June-August) employment. Interviews will take place in April. You can pick up and return your application to the Veterans Memorial Recreation Center in San Bruno City Park.

### Aquatics Positions \$9.09 - \$15.36

The San Bruno Park Pool employs Cashiers, Lifeguards, Water Safety Instructors, and Pool Managers. Lifeguards, Water Safety Instructors, and Pool Managers must have valid Lifeguard Training Certifications issued by the American Red Cross.



### Summer Day Camp \$8.74 - \$11.16

The San Bruno Parks and Recreation Services Department is looking for motivated, responsible individuals to plan and implement summer activities for children between the ages of 4 and 14 years old.

## American Red Cross Water Safety Instructor Course

This class is based on the American Red Cross certification to teach swimming lessons. All participants must be 16 years of age, completed ARC Swimmer Level 6 skills, and pass swimming skills test at the first class. ARC Community Water Safety and Fundamentals of Instructor Training (F.I.T.) will be included in this course. Attendance at all meetings is required for certification. Classes will be held at San Bruno Park Pool. Books and materials will be covered in the class fee.

Cost: \$175 per person

Location: San Bruno Recreation Center

Instructor: Jennie Tucker

Day/Time: See Below

0902.201	T/Th	4/22-5/15	5:30-9pm
	Sat	4/26	10am-5pm

## Lifeguard Training

This course, based on the American Red Cross Lifeguarding Program, will certify students in Lifeguarding, CPR for the Professional Rescuer and First Aid. Students must be 15 years of age by the last day of class and pass a swim pre-test (swim 300 yds. continuously, retrieve a 10 pound brick from 10 feet of water and bring it back to a designated starting point). Attendance is mandatory for every meeting for certification. Books and materials are covered in the class fee. Questions, call Jennie at (650) 616-7184.

Cost: \$170 per person

Location: San Bruno City Park Swimming Pool

Instructor: Jennie Tucker or Alyse Goni

Day/Time See Below

Session I - Code 0901.201

3/24-3/28	Mon-Fri	10am- 4pm
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Session II - Code 0901.202

4/30-5/7	M/W/F	5-9pm
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5/3-5/4	Sat & Sun	10-5pm
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Session III - Code 0901.203

5/24--5/26	Sat, Sun & Mon	10am-5pm
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5/27-5/28	Tues & Wed	4:30-9:30pm
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# SUMMER PREVIEW

## Mini Kaleidoscope

### Ages 4-5 years

Mini Kaleidoscope campers...get ready for some fun!!! Campers will explore the thrill and fascination of exploring the world around them. Children will enjoy arts & crafts, games, camp songs, special events, wild life animal presentations, magic shows, and more. Activities for each week will be focused around a special theme. A weekly schedule will be distributed to each camper on the first day of each session. Morning or full day sessions are available to children ages 4-5 years old. Children should bring a bag lunch every day unless otherwise noted on the session schedule. Participants must have Health Information Form on file PRIOR to participation in camp.

Extended care available. No camp 7/4.

Cost: Varies (See below for session pricing and special offers)

Location: San Bruno City Park, Tots Room

Leaders: Recreation Staff

.....  
 • Cost Includes: Camp T-shirt, •  
 • Friday BBQ, and all supplies! •  
 .....

#### MORNING SESSION ONLY

Cost: \$73 Resident, \$88 Non-resident

\$60 Resident, \$75 Non-resident **(Session 3 only)**

Morning Session 1			
2600.301	M-F	10am-1pm	6/16-6/20
Morning Session 2			
2600.302	M-F	10am-1pm	6/23-6/27
Morning Session 3 (No camp 7/4)			
2600.303	M-F	10am-1pm	6/30-7/3
Morning Session 4			
2600.304	M-F	10am-1pm	7/7-7/11
Morning Session 5			
2600.305	M-F	10am-1pm	7/14-7/18
Morning Session 6			
2600.306	M-F	10am-1pm	7/21-7/25
Morning Session 7			
2600.307	M-F	10am-1pm	7/28-8/1
Morning Session 8			
2600.308	M-F	10am-1pm	8/4-8/8
Morning Session 9			
2600.309	M-F	10am-1pm	8/11-8/15
Morning Session 10			
2600.310	M-F	10am-1pm	8/18-8/22

#### FULL DAY SESSION

Cost: \$131 Resident, \$146 Non-resident

\$106 Resident, \$121 Non-resident **(Session 3 only)**

Full Day Session 1			
2601.301	M-F	10am-4pm	6/16-6/20
Full Day Session 2			
2601.302	M-F	10am-4pm	6/23-6/27
Full Day Session 3 (No camp 7/4)			
2601.303	M-F	10am-4pm	6/30-7/3
Full Day Session 4			
2601.304	M-F	10am-4pm	7/7-7/11
Full Day Session 5			
2601.305	M-F	10am-4pm	7/14-7/18
Full Day Session 6			
2601.306	M-F	10am-4pm	7/21-7/25
Full Day Session 7			
2601.307	M-F	10am-4pm	7/28-8/1
Full Day Session 8			
2601.308	M-F	10am-4pm	8/4-8/8
Full Day Session 9			
2601.309	M-F	10am-4pm	8/11-8/15
Full Day Session 10			
2601.310	M-F	10am-4pm	8/18-8/22

Sign up for all 10 sessions and  
receive a 15% discount!

Morning Session Only

\$584 Resident, \$719 Non-resident

Code: 2600.311

Full Day Session

\$1025 Resident, \$1310 Non-resident

Code: 2601.311

No Refunds Allowed for Individual Sessions.

Sign up before July 1 and receive  
10% off your second child!



# SUMMER PREVIEW

## Camp Kaleidoscope

Ages 6-10 years old (or entering 1<sup>st</sup> Grade)

Camp will offer youth, ages 6-11 years old, a wide range of activities to keep them active during the summer months. There will be ten sessions of camp, each one week in length. Five sessions will have a featured field trip and five sessions will have a special event or a wild life animal presentation. All costs, including transportation by charter bus for the featured trip, are included in the cost of the camp program. Children will also enjoy activities such as arts & crafts, outdoor games, indoor games, music & drama, special events, cooking projects, BBQ's, bowling, movies, swimming, hiking, and much more. A schedule will be given out the first day of each session. Children will be divided into age groups. Each group will be assigned a leader and a junior leader or leader in training. Each day, campers should bring a bag lunch, and wear tennis shoes and a sweatshirt. Please be sure all items are clearly labeled with the camper's name. Participants must have Health Information Form on file PRIOR to participation in camp. Extended care available. No camp 7/4.

Cost: Varies (See below for session pricing and special offers)

Location: San Bruno City Park

Leaders: Recreation Staff

•••••  
• Cost Includes: Camp T-shirt,  
• Friday BBQ, field trip fees,  
• and all supplies!  
•••••

### REGULAR CAMP SESSION

Cost: \$131 Resident, \$146 Non-resident

\$106 Resident, \$121 Non-resident (**Session 3 only**)

Session 1

3607.301 M-F 10am-4pm 6/16-6/20

Session 3 No Camp 7/4

3607.303 M-F 10am-4pm 6/30-7/3

Session 5

3607.305 M-F 10am-4pm 7/14-7/18

Session 7

3607.307 M-F 10am-4pm 7/28-8/1

Session 9

3607.309 M-F 10am-4pm 8/11-8/15

### FIELD TRIP CAMP SESSION

Cost: \$154 Resident, \$169 Non-resident

Session 2 - Exploratorium - San Francisco

3607.302 M-F 10am-4pm 6/23-6/27

Session 4 - Nickel City - San Jose

3607.304 M-F 10am-4pm 7/7-7/11

Session 6 - Newark Indoor Water Park

3607.306 M-F 10am-4pm 7/21-7/25

Session 8 - Pump It Up - Belmont

3607.308 M-F 10am-4pm 8/4-8/8

Session 10 - Ice Chalet - San Mateo

3607.310 M-F 10am-4pm 8/18-8/22

Sign up for all 10 sessions and  
receive a 15% discount!

\$1175 Resident, \$1308 Non-resident

Code: 3607.311

No Refunds Allowed for Individual Sessions.

Sign up before July 1 and receive  
10% off your second child!



### Daily Rates for Mini Kaleidoscope, Camp Kaleido- scope & Adventure Camp

\$36 per day resident  
\$45 per day non-resident (**minimum 3 days**)

Must be pre-registered five (5) days  
prior (Wednesday) to session start day.

No discounts apply



# SUMMER PREVIEW Adventure Camp

Ages 11-14 years

Come join the excitement of Adventure Camp with the San Bruno Parks and Recreation Services Department. Adventure Camp is designed for kids who have outgrown day camp but are looking for fun during the summer. Field trips will include movies, bowling, ice skating, miniature golf, swimming, pizza parties, video game arcades, and featured trips such as Great America. Camp participants will meet in San Bruno City Park in the Rotary Pavilion area daily and will depart for field trips from there. Transportation for local trips will be by Sam Trans or walking. A schedule will be provided on the first day of each session. Participants must have a Health Information Form on file PRIOR to participation in camp. Extended care available. No Camp 7/4.

Cost: Varies (See below for session pricing and special offers)  
Location: San Bruno City Park, Rotary Pavilion area  
Leaders: Recreation Staff

Cost Includes: Camp T-shirt,  
Friday BBQ, field trip fees,  
and all supplies!

## REGULAR CAMP SESSION

Cost: \$142 Resident, \$157 Non-resident  
\$113 Resident, \$128 Non-resident (**Session 3 only**)

Session 1			
4600.301	M-F	10:00am-4:00pm	6/16-6/20
Session 3 No Camp 7/4			
4600.303	M-F	10:00am-4:00pm	6/30-7/3
Session 5			
4600.305	M-F	10:00am-4:00pm	7/14-7/18
Session 7			
4600.307	M-F	10:00am-4:00pm	7/28-8/1
Session 9			
4600.309	M-F	10:00am-4:00pm	8/11-8/15

Sign up before July 1 and receive  
10% off your second child!

## FIELD TRIP CAMP SESSION

Cost: \$168 Resident, \$183 Non-resident

Session 2 - Exploratorium			
4600.302	M-F	10:00am-4:00pm	6/23-6/27
Session 4 - Nickel City			
4600.304	M-F	10:00am-4:00pm	7/7-7/11
Session 6 - Newark Indoor Water Park			
4600.306	M-F	10:00am-4:00pm	7/21-7/25
Session 8 - Great America			
4600.308	M-F	10:00am-4:00pm	8/4-8/8
Session 10 - Ice Chalet - San Mateo			
4600.310	M-F	10:00am-4:00pm	8/18-8/22

Sign up for all 10 sessions and  
receive a 15% discount!  
\$1217 Resident, \$1344 Non-resident  
Code: 4600.311  
No Refunds Allowed for Individual Sessions.

## Morning + Afternoon Camp Plus!

Extended Care is designed for parents who need additional care or for campers who just can't get enough camp. Campers will play games, make arts and crafts, and play at the park. Extended Care is open to children enrolled in Camp Kaleidoscope, Mini Kaleidoscope, and Adventure Camp. No Camp 7/4.

Cost: \$30 Residents, \$38 Non-residents  
\$24 Resident, \$30 Non-resident (**Session 3 only**)  
Location: San Bruno City Park, Teen Room  
Leaders: Recreation Staff

Sign up for all 10 sessions and receive a 15% discount.

\$243 Resident, \$303 Non-res

Code: 3608.311 (Morning)

Code: 3606.311 (Afternoon)

Daily Drop In (per day & session)  
\$7 Resident, \$9 Non-resident

	Morning Extended 7:30-10am		Afternoon Extended 4-6pm	
Session 1	3608.301	6/16-6/20	3606.301	6/16-6/20
Session 2	3608.302	6/23-6/27	3606.302	6/23-6/27
Session 3	3608.303	6/30-7/3	3606.303	6/30-7/3
Session 4	3608.304	7/7-7/11	3606.304	7/7-7/11
Session 5	3608.305	7/14-7/18	3606.305	7/14-7/18
Session 6	3608.306	7/21-7/25	3606.306	7/21-7/25
Session 7	3608.307	7/28-8/1	3606.307	7/28-8/1
Session 8	3608.308	8/4-8/8	3606.308	8/4-8/8
Session 9	3608.309	8/11-8/15	3606.309	8/11-8/15
Session 10	3608.310	8/18-8/22	3606.310	8/18-8/22





# PRESCHOOL & CHILD ENRICHMENT

## Tiny Tots Program (30 Classes)

Class work includes arts and crafts, games, story-telling, singing and rhythmic. This class offers your child a planned, semi-structured learning environment with emphasis on enjoyment. Parent participation required 3 times during the 10 week session. Maximum number of children each session is 25. Children should wear rubber-soled shoes to class. Please send a copy of your child's birth certificate with your registration. **CHILD MUST BE POTTY TRAINED.** Ages 3<sup>1/2</sup>-5.

Age: Born on or before 11/1/04  
Cost: \$349 Resident, \$364 Non-resident (includes \$10 lab fee)  
Location: Recreation Center Tots Room  
Instructor: Sharon Baum  
Time: 9:30-11:30am  
2200.201 T,W,Th 4/1-6/5

## Parent and Child Intro to Ice Skating (6 Classes)

This is a fun experience for one parent and one child to learn to ice skate together. Classes will be geared to the child's level. Children must be between the ages of 3 & 4. Cost includes one parent and one child, skate rental, one-half hour lesson and practice time immediately following the lesson. Be sure to dress warmly and wear thick socks. Please be sure to arrive 20 minutes prior to lesson to check-in and put on skates. Classes are instructed by the Ice Center Staff at Bridgepointe, 2202 Bridgepointe Parkway in San Mateo. Ages 3-4 years old plus parent.

Cost: \$64 Resident, \$79 Non-resident  
Location: Ice Center at San Mateo  
Instructor: Ice Center Staff  
Day/Time: Wed., 10-11am  
2400.201 W 4/16-5/21  
2400.202 W 6/4-7/9

## Indoor Rock Climbing (5 Classes)

Like fish to water! Parents know what natural climbers kids are, so we offer an exciting 5-session program to introduce them to this great sport. Classes are designed so participants climb with children their own age. Maximum of 5 children per 1 instructor. Planet Granite T-shirt included. Parent must attend first class with child to sign release paperwork. Class is held at Planet Granite, 100 El Camino Real, Belmont. (650) 591-3030. Ages 5-13

Cost: \$140 Resident, \$155 Non-resident  
Instructor: Planet Granite Staff  
Location: Planet Granite, 100 El Camino Real, Belmont  
Day/Time: Tues., 4-6pm (5-8) Wed., 4-6pm (9-13)  
Ages 5-8  
3615.201 T 5/20-6/17  
Ages 9-13  
3615.202 W 5/21-6/18

## Terrific Tiny Tennis (6 Classes)

Children play FUN activities and games that enhance hand-eye coordination, locomotor skills, and knowledge of general tennis concepts, in this 6-week session. Lessons also provide a success-oriented social environment that may encourage children to continue in the lifetime sport of tennis. Small group lessons for 3-6 students. Bring a racquet. In case of rain, check with the instructor at the court. NO POSTPONEMENT ANNOUNCEMENT WILL BE GIVEN OVER THE PHONE. If at anytime the instructor is absent, report to the next scheduled lesson for makeup date. Unless notified otherwise, any makeup(s) due to postponement (i.e. rainouts) will be held on the next available normal meeting day following the session. However, Sundays may be used at the instructor's discretion. Ages 5-8.

Cost: \$68 Resident, \$83 Non-resident  
Location: San Bruno City Park Tennis Courts  
Instructor: Whitlinger Tennis Staff  
Day/Time: See Below  
2402.201 Sat 4/5-5/10 8:30-9:15am 5-6 years  
2402.202 Sat 4/5-5/10 9:15-10am 7-8 years

## Aikido for Youth (8 Classes)

In addition to being excellent physical exercise and effective self-defense, Aikido teaches smooth, balanced and relaxed movement. Aikido means "way of harmony" and is a philosophy integrating physical, spiritual and cultural values. Class is taught in a formal setting with the discipline and etiquette that reflect traditional Japanese Martial Arts. Email aikidodori@yahoo.com for information. Ages 7-14.

Cost: \$65 Resident, \$80 Non-resident  
Location: Tanforan Professional Center  
Instructor: Robert Toyama  
Day/Time: Tues. & Thurs., 6-6:45pm  
3407.201 T & Th 4/8-5/1

# PRESCHOOL & CHILD ENRICHMENT

## Children's Crafts Class (6 Classes)

This course will include an introduction to the arts. Students will have a chance to create different projects - a ceramic piece, painting, and other design works. Children will have fun making their own artwork. Ages 6-15.

Cost: \$49 Resident, \$61 Non-resident (includes \$7 lab fee)

Location: Recreation Center, Ceramics Studio

Instructor: Marilyn Bennett

Day/Time: Tues., 4-5:15pm

2000.201 T 4/8-5/13

## My First Art Class (8 Classes)

Come experience 5 art stations where making a mess is part of the process! You have fun; we clean up! Art projects continue to change all year long! Process rather than product is emphasized. Projects are age appropriate with the children having the freedom to explore materials at their own pace and in their own way. The class ends on a musical note with singing and dancing and having too much fun. Parental participation is required. A lab fee of \$13.00 is payable to the instructor on the first day of class. Includes My First Art Class t-shirt. Ages 18 months-5.

Cost: \$90 Resident, \$105 Non-resident  
Lab Fee: \$13 payable to instructor, includes t-shirt

Location: Millbrae Community Center  
Instructor: Chris Pollard/Renee Ramsey

Day/Time: Thurs.,  
9:30-10:30am (18 months-3),  
10:45-11:45am (2-5 years)

18 Months-3 Years		
2001.201	Th	4/10-5/29
2-5 Years		
2001.202	Th	4/10-5/29

**New!**

## Basic Engineering & Construction (6 Classes)

Are you ready to have an AWESOME time? AWESOME Engineering's Basic Engineering and Construction program is designed to teach children fundamental engineering and construction concepts using Erector® educational toys. Each student will learn the engineering concepts and build things they encounter everyday; including bridges, cars, skyscrapers, rollercoasters and more! Some of the concepts covered include: Torque vs. Speed, Belt and Pulley Systems, Gravity, Friction, and Truss Systems. In class, students are provided with everything they need to build each project, which includes a tool belt, tools and project pieces. This hands-on class will allow students to work together to solve problems while building projects. Visit [www.awesomengineering.org](http://www.awesomengineering.org) for more information and to see photos of the projects students will build. Ages 8-12.

Cost: \$113 Resident, \$128 Non-resident  
Location: Recreation Center Teen Room  
Instructor: Charlie Tannous, Awesome Engineering

Day/Time: Tues., 4-5:15pm  
3209.201 T 4/8-5/13

**New!**

## Drawing & Painting Animals (4 Classes)

In this special four-session class, children of all ages will learn to draw and paint animals. Instructor Charna Conway's unique teaching techniques will enable students to see shape and proportion to create realistic animals. This skill will boost the confidence of any child in their ability to draw and create beautiful art, a priceless gift for any child. Ages 5-14.

Cost: \$45 Resident, \$56 Non-resident  
Lab Fee: \$8 payable to instructor  
Instructor: Charna Conway  
Location: Recreation Center Ceramics Room  
Day/Time: Thurs., 4:30-5:30pm  
3015.202 Th 4/10-5/1

## Child and Parent Glass Class (2 Classes)

Give your child the gift of art. You and your child will make beautiful glass sun catchers that you will want to keep forever in this special two-part class. Your child can make a precious sun catcher for a special teacher or friend this year. This is a fun, safe and fascinating class for one and all. See fused class description for more information. Children ages 5-17.

Cost: \$65 Resident, \$75 Non-resident (1 parent/1 child)  
\$20 Resident, \$25 Non-resident (for additional child)

Lab Fee: \$25 payable to instructor, for both parent & child. \$12.50 lab fee for additional child

Location: Recreation Center Ceramics Studio

Instructor: Charna Conway

Day/Time: Wed., 5:30-7:30pm

5015.221 W 4/16-4/23

**New!**

## Children's Mosaic Treasure Box (4 Classes)

In this special mosaic class, children of all ages will transform a beautiful wood box into their own treasure chest. In this special class, the children will get to use Venetian style glass! Beginners and advanced students of all ages are welcome. The child's design will be based on their skill level. All genuine materials will be used for this special project. The use of mosaics is known to be beneficial to a child's mental and creative development. This skill will also boost the confidence of any child in their ability to create a beautiful masterpiece that they will treasure always. A priceless gift for any child. Ages 5-14.

Cost: \$48 Resident, \$60 Non-resident  
Lab Fee: \$20 payable to instructor  
Instructor: Charna Conway  
Location: Recreation Center Ceramics Room  
Day/Time: Thurs., 4-5:30pm  
3015.201 Th 5/8-5/29

# PRESCHOOL & CHILD ENRICHMENT

## Pre-Ballet First Class Ages 2-3 (7 Classes)

Moms, dads and Nannies are encouraged to participate with the children in this fun introduction to dance. This is a playful class that improves motor skills and teaches children to follow the instructor. Children enjoy performing finger plays, dancing to nursery rhymes and moving with balls or scarves to a variety of music. Please wear comfortable clothing that is easy to dance in. For questions about the class call the instructor: Matrisha at 415-722-8281. Ages 2-3.

Cost: \$77 Resident, \$92 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Matrisha Person  
Day/Time: Tues., 9:45-10:30am  
2103.201 T 4/15-5/27

## Pre-Ballet Ages 3-4 New Students (7 Classes)

For children who want to try a ballet class, this is a fun introduction. Dancers learn basic ballet positions as they catch fairies, hop like frogs and jete like deer. Activities include: learning simple dances, stretching done to stories, free dancing with scarves and games that teach social skills. Dancers should wear leotards, tights and ballet slippers. This class **will not** participate in the spring 2008 recital. Ages 3-4.

Cost: \$77 Resident, \$92 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Matrisha Person  
Day/Time: Tues., 11:45am-12:30pm  
2103.202 T 4/15-5/27

## Story Time Dance/Acting (8 Classes)

In this class, students will use their imagination while playing, dancing and acting games! A story will be told each week and students will act it out. Props provided! Class will also work on student's listening and socialization skills. Students will perform for friends and family on the last day of class. Ages 3-6.

Cost: \$92 Residents, \$107 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Pacific Dance Company  
Day/Time: Fri., 3:15-4pm  
3108.201 F 4/11-5/30

## Parent and Me Dance & Fitness (8 Classes)

Come dance, jump, sing, wiggle...and bring your parents too! In this hands on parent participation class you will help your child work on their fine and gross motor skills, coordination and socialization. Dancing games, bean bags, and musical instruments are just a few activities that await you. Ages 1<sup>1/2</sup>-3<sup>1/2</sup>.

Cost: \$92 Residents, \$107 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Pacific Dance Company  
Day/Time: Fri., 2-2:45pm  
2111.201 F 4/11-5/30

## Ballet & Jazz Classes

Registration for ballet and jazz classes ages 4-9 is closed (all classes are preparing for the spring recital). New students may join classes starting in mid June. For more information regarding classes please call Matrisha at (415) 722-8281 or email her at mattyper@aol.com.

## Topsy Turvy Tumbling (7 Classes)

Do you have a topsy turvy tumbling toddler? Then sign them up for topsy turvy tumbling! Students will learn basic tumbling moves as well as working on their balance, coordination and listening skills. Students will perform for friends and family on the last day of class! No class 5/26. Ages 3-5.

Cost: \$92 Resident, \$107 Non-resident  
Instructor: Pacific Dance Company  
Location: Recreation Center Meeting Room  
Day/Time: Mon., 10-10:45am  
2100.201 M 4/14-6/2

## Tap/ Creative Movement Combo (7 Classes - Mon, 8 Classes - Fri)

In this class, students will learn fun tap routines and techniques, dance with beanbags, scarves and animal masks! Class will also focus on balance, rhythm and coordination skills. Students will perform for friends and family on the last day of class! No class 5/26. Ages 2-7.

Cost: (Mon) \$81 Resident, \$96 Non-resident, (Fri) \$92 Resident, \$107 Non-resident  
Instructor: Pacific Dance Company  
Location: Recreation Center Meeting Room  
Day/Time: Mon., 1-1:45pm (2-3), Fri., 1-1:45pm (3-4), Fri., 4-4:45pm (5-7)  
2101.201 M 4/14-6/2 (2-3)  
3101.201 F 4/11-5/30 (3-4)  
3101.202 F 4/11-5/30 (5-7)

## Beginning Hip Hop (7 Classes)

In this high energy dance class students will learn basic hip hop steps and routines to their favorite age appropriate songs! Class will also focus on rhythm and coordination skills. Students will perform for friends and family on the last day of class! Ages 6-11 or 12-17.

Cost: \$81 Residents, \$96 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Pacific Dance Company  
Day/Time: Wed., 4:30-5:30pm (6-11), Wed., 5:30-6:30pm (12-17)  
3104.201 W 4/23-6/4 (6-11)  
4104.201 W 4/23-6/4 (12-17)



# YOUTH SPORTS

## Kidz Love Soccer

### Mommy/Daddy & Me Soccer (9 Classes)

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing large motor and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines. Ages 2<sup>1/2</sup>-3<sup>1/2</sup>.

Cost: \$78 Resident, \$93 Non-resident

Location: Grundy Park

Instructor: Kidz Love Soccer Staff

Day/Time: Fri., 9:30-10am

2419.201 F 4/4-5/30

### Kidz Love Soccer - Tot-Soccer

#### (9 Classes)

Encourages large motor skill development through fun soccer games and introduces small children to a group setting. Little tykes will enjoy running and kicking just like the big kids! **Shin guards are required after the first meeting.** Ages 3<sup>1/2</sup>-4.

Cost: \$78 Resident, \$93 Non-resident

Location: Grundy Park

Instructor: Kidz Love Soccer Staff

Day/Time: Fri., See below

2419.202 F 4/4-5/30 10:15-10:45am

2419.203 F 4/4-5/30 2:40-3:10pm

### Kidz Love Soccer - Pre-Soccer

#### (9 Classes)

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment. **Shin guards are required after the first meeting.** Ages 4-5.

Cost: \$78 Resident, \$93 Non-resident

Location: Grundy Park

Instructor: Kidz Love Soccer Staff

Day/Time: Fri., See below

2419.204 F 4/4-5/30 10:45-11:20am

2419.205 F 4/4-5/30 3:10-3:45pm

## Kidz Love Soccer - Soccer 1

### (9 Classes)

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun "skill" games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. **Shin guards are required after the first meeting.** Ages 5-6.

Cost: \$78 Resident, \$93 Non-resident

Location: Grundy Park

Instructor: Kidz Love Soccer Staff

Day/Time: Fri., 3:45-4:30pm

3419.201 F 4/4-5/30

## Kidz Love Soccer

### Soccer 2 & Soccer 3 (9 Classes)

Play the exciting game of Soccer! Explore the real sport, while still in an instructional and nurturing environment. Be challenged by real soccer situations, venture into the fun tactical side of scrimmaging. Players 7-12 years old will enjoy age appropriate soccer matches and be guided through the possibilities by a KLS Youth Specialist. Attacking and Scoring goals! Pace and Possession! Defense and Transition! Themes such as these and continued individual skill building will be explored fully on the soccer field by young soccer aficionados. Kidz Love Soccer... where the score is always FUN to FUN! **Shin guards are required after the first meeting.** Ages 7-12.

Cost: \$78 Resident, \$93 Non-resident

Location: Grundy Park

Instructor: Kidz Love Soccer Staff

Day/Time: Fri., 4:30-5:15pm (Soccer 2), Fri., 4:30-5:30pm (Soccer 3)

3419.202 F 4/4-5/30 (Ages 7-8, 4:30-5:15pm)

3419.203 F 4/4-5/30 (Ages 9-12, 4:30-5:30pm)

## Private Volleyball Lessons

Need some help with your overhand serve?

Want to improve your setting skills?

Private lessons are now available by appointment.

One-on-One lessons: \$20/half hour

Groups of 3 or 4: \$30/child/hour

Call 616-7182 to arrange times.



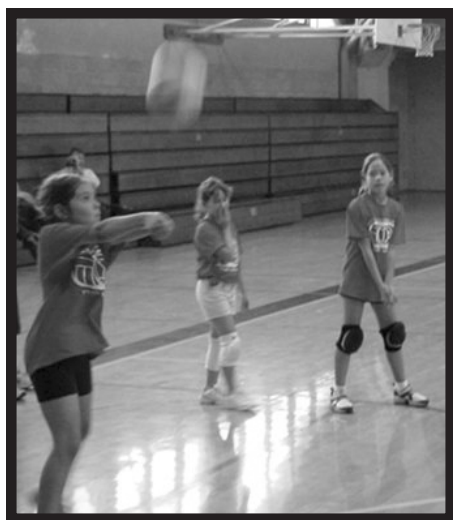
# YOUTH SPORTS

## INTERESTED IN COACHING???

The success of our youth sports programs depend on our volunteer adult coaches. Please help your children get the most out of their sports experience.

Call 650-616-7182 for information.

Our youth sports program philosophy is for the children to play and have fun in a safe environment, display good sportsmanship and improve their skills. It's our intention to have two divisions for each Youth Sports Program; one division for 3<sup>rd</sup> & 4<sup>th</sup> graders and one division for 5<sup>th</sup> & 6<sup>th</sup> graders. However, if registration is low in one or both divisions, we will combine the divisions so everyone gets the opportunity to play.



**New!**

### Boys Basketball (6 Classes)

This class is not for beginners. Coach Natalie Ayres has played college basketball and coaches summer basketball at Stanford University. In this class, participants will refine their fundamental basketball skills such as dribbling, passing and shooting. You must have played for your school team or in the San Bruno Park and Recreation basketball league to enroll for this class. This class is for 7<sup>th</sup> & 8<sup>th</sup> graders.

Cost: \$35 Resident, \$44 Non-resident

Instructor: Natalie Ayres

Location: Recreation Center Gymnasium

Day/Time: Thurs., 6-7:30pm

3423.201 Th 4/10-5/15

### Youth Volleyball League (3<sup>rd</sup>-6<sup>th</sup> grade)

This "6 on 6" coed volleyball league is open to all boys and girls attending 3<sup>rd</sup> through 6<sup>th</sup> grades. Practices will be scheduled twice per week, Monday – Thursday and games will be played on either Wednesday, Thursdays or Fridays. All practices and games will be held in the San Bruno Recreation Center Gymnasium. Registration will be accepted at the Parks and Recreation Services Department and the Recreation Services Staff will place participants on teams. **All requests MUST be made prior to the skills clinic. Requests are not guaranteed to be honored.** Please write any requests on the registration form. Registration deadline is Friday, March 28.

Skills Clinic: Tuesday, April 1, 3:30-4:30pm (all grades)

Games begin April 23

Cost: \$65 Resident, \$80 Non-resident

3410.201 4/7-6/6

### Youth Intro to Ice Skating (6 Classes)

During each six-week session, students will be introduced to basic ice skating skills. Each lesson provides 30 minutes of instruction and 30 minutes of practice time on the ice. (Practice time will be from 5:45 - 6:15 pm.) Be sure to dress warmly and wear thick socks. Skate rental is included in the class fee. Please be sure to arrive 20 minutes prior to lesson to check-in and put on skates. Classes are instructed by the Ice Center Staff at Bridgepointe, 2202 Bridgepointe Parkway in San Mateo. Ages 5-14.

Cost: \$64 Resident, \$79 Non-resident

Location: Ice Center at San Mateo (574-1616)

Instructor: Ice Center Staff

Day: Mon.,

5-7 year olds 5:15-6:15pm

3400.201 M 4/14-5/19

3400.202 M 6/2-7/7

8-14 year olds 5:45-6:45pm

3400.203 M 4/14-5/19

3400.204 M 6/2-7/7

# TEEN CLASSES & EVENTS

## Internet Based Driver Education

Driver education is a California-required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. The course includes much parental involvement and is fun, interactive and educational. Course work can be completed at any time of day or night. Students may choose from an internet course or a home study course. DMV-accepted completion certificates issued upon successful completion of the course. Class does not include the behind the wheel driving. Once you register for the class, you will be notified by e-mail within 48 hours with an access code. You can register at any time and complete the course at the student's pace. Ages 14-18.

Cost: \$75 Resident, \$90 Non-resident  
Instructor: Self Taught - Allgood Education Corp  
Location: Internet  
Day/Time: Available 24 hours a day  
4210.201

## Volunteer Opportunities

### Pre-registration Required!

Looking to get involved in your community? Need volunteer hours for school? Learn to work with your peers, create a positive environment for children, and have fun while doing it. We are looking for helpful and enthusiastic individuals who would like to help us out with our special events and child-aged programs. These programs include our 'Easter Egg Hunt', Spring & Summer Camp programs, and more! Open to ages 13-17. For more information call Dee @ 616-7183.

## Teen Dance

**Sassy Spring Dance - March 21**  
**End of School Year Dance - May 16**

Meet up with all of your friends and dance to your favorite songs. Our live D.J. will be there with the latest and greatest songs of the year. Dances are held from 7-9:30pm at the Veterans Memorial Recreation Center. Tickets will go on sale one week before each dance at Parkside Intermediate School and at the Recreation Center. The pre-sale cost is \$7, \$10 at the door. Student ID cards will be checked at the door. The dances are not school sponsored or PTA events. We'll also sell glow necklaces for only \$2.00. Call Dee @ 616-7183 for more information. Don't Miss Out!

# SPECIAL NEEDS PROGRAM

## Wednesday Social Event Night

Looking to socialize with other Special Needs teens and adults? Wednesday nights at the Veterans Memorial Recreation Center is the place to be! Each Wednesday from 7:00-9:00pm, we do various activities that may include leaving the Recreation Center. Please call Jennie at 616-7184 and leave your address to receive a newsletter and obtain more information about our events.

# KIDS' CLUB - AFTER SCHOOL PROGRAM

The San Bruno Parks & Recreation Services Department is excited to offer the **KIDS' CLUB** program. This program is developed in cooperation with the San Bruno Park School District. It provides quality supervision and activities for kids. **KIDS' CLUB** is being offered at Allen, Belle Air and Portola Schools. The program begins when the last school bell rings until 6pm and is offered Monday through Friday. Registration is taken monthly. You may register on-site or at the Recreation Center. Each participant will be introduced to enriching activities such as theme weeks, crafts, sports, fun group games and more! Both snack time and homework club will be incorporated into each day. No **KIDS' CLUB** on school holidays or teacher in service days. Check our our Spring & Summer Camps during the school holidays! Contact Jennie at 650-616-7184 prior to registration.

**Maximum Enrollment is 30 at each site**

## Portola Kids Club 3rd - 6th Grade

Dates	Cost	Portola Kids Club
April	\$100	3653.201
May	\$100	3653.202
June	\$100	3653.203

## Allen Kids Club 3rd - 6th Grade

Dates	Cost	Allen Kid's Club
April	\$100	3651.201
May	\$100	3651.202
June	\$100	3651.203

## Belle Air Kids Club 1st - 6th Grade

Dates	Cost	Belle Air Kids Club
April	\$100	3652.201
May	\$100	3652.202
June	\$100	3652.203

## OUTDOOR ADVENTURE

### Sausalito Wooden Boat Tour

**New!** Discover the history and mystery of Sausalito's colorful waterfront on this narrated walking tour led by Sausalito artist and author, Victoria Colella. Hear tales of the Beat and Hippie eras and the building of the Liberty ships in WWII. See wooden boats from the finest to the funniest and visit the original houseboat and floating home communities, art studios, boat shops and meet the shipwrights that keep Sausalitos heritage alive. This trip includes transportation, and bridge fees. Please bring lunch or money for lunch. We will be eating before the boat tour. Wear layers, bring water and you may even want to bring your camera. For more information call Dee @ 616-7183. Minimum 5, Maximum 10  
**Registration deadline: April 1<sup>st</sup>**

Cost: \$75 Resident, \$90 Non-resident  
Location: Sausalito  
Staff: Recreation Center Staff  
Day/Time: Sat., 10am-4:30pm  
Min: 5 Max: 10  
5518.201 Sat 4/19

### Taste, Tour, Relax

**New!** Tucked inside an historic railroad building on the edge of the San Francisco Bay, the Alameda Tasting Room is a hidden gem. Its rustic charm attracts fans from around the world who enjoy the unique, relaxed atmosphere and world-class wines. Tasting menu changes regularly and includes a variety of Rosenblum wines, including their world-renowned Zinfandels, Syrahs, Petite Syrahs, White Rhones and decadent desserts. This trip includes transportation, bridge and tour fees. You may purchase your own wine samples. Please pack a sack lunch, snacks & water. For more information call Dee @ 616-7183. Ages 21 & over. Minimum 5, Maximum 10  
**Registration Deadline: May 7<sup>th</sup>**

Cost: \$40 Resident, \$50 Non-resident  
Location: Alameda/Oakland  
Staff: Recreation Center Staff  
Day/Time: Sat., 10am-2pm  
5519.201 Sat 5/17

### Bike the Coastside Trail

**New!** Bike along the paved Coastside Trail in Half Moon Bay! This trail runs five miles south from Pillar Point Harbor, about three miles north of town, to Miramontes Point, just south of town, by the Ritz-Carlton. This is a great route for kids as well. We will be stopping in the Pillar Point Harbor for lunch. Please pack a sack lunch or bring money for lunch. Bring lots of water, and wear sturdy shoes, layers, sun block, and a hat. You may even want to bring your camera! This trip includes transportation, a guided bike ride, and bike fees. For more information call Dee @ 616-7183. This trip will be cancelled if there is inclement weather. Minimum 5, Maximum 10  
**Registration Deadline: June 4<sup>th</sup>**

Cost: \$80 Resident, \$95 Non-resident  
Location: Half Moon Bay  
Staff: Recreation Center Staff  
Day/Time: Sat., 9am-3pm  
5500.201 Sat 6/14

# ADULT ENRICHMENT

## Salsa Fit (4 Classees)

This class gives you the thrill of being on the dance floor, while providing you with all the tremendous fitness benefits. Salsa Fit will help you to improve flexibility, enhance your endurance, improve your coordination, and shed body fat. Salsa Fit provides a chance to learn the exciting movements to popular Latin dances while getting a great workout, plus you'll have lots of fun!

Cost: \$30 Resident, \$38 Non-resident  
Drop In: \$8 Resident, \$10 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: California Fitness Association  
Day/Time: Tues., 7:15-8:15pm  
5906.201 T 4/8-4/29  
5906.202 T 5/6-5/27

## Capoeira (4 Classes)

Capoeira is an Afro-Brazilian art form that combines dance, martial arts, and acrobatics. More than a martial art, more than a dance, Capoeira is also a social event filled with tradition and history. The foundation of Capoeira is based on continuous rhythmic movements that increase strength, endurance, balance, flexibility, and coordination while encouraging self-expression!

Cost: \$30 Resident, \$38 Non-resident  
Drop In: \$8 Resident, \$10 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: California Fitness Association  
Day/Time: Thurs., 7:15-8:15pm  
5413.201 Th 4/10-5/1  
5413.202 Th 5/8-5/29

## Aikido For Beginning Adults (Coed) (12 Classes)

Aikido is a Japanese martial art. The techniques of Aikido emphasize redirecting the energy and force of an assailant's attack in order to subdue him. Aikido increases stamina, improves coordination and stresses non-aggression and harmony with your partner. In addition, Aikido is excellent means of physical exercise and an effective self-defense. Call (650) 872-2968 for information. Ages 14-over.

Cost: \$90 Resident, \$105 Non-resident  
Location: Tanforan Professional Center  
Instructor: Masatoshi Morita  
Days/Time: Mon., Wed., Fri., 10-11am, Tues., Wed., Thurs., 7:10-8pm  
5406.201 MWF 4/7-5/2  
5406.202 TWTh 4/8-5/1

## TAE BO Fitness (6 Classes)

This innovative program teaches the tried and true TAE BO techniques and now goes to a new level. Amazing new workouts are fun, fast and effective! Peter, personally trained by Billy Blanks, will guide and inspire you through your weight-loss plateaus and boost your metabolism for amazing results. TAE BO is the hottest fitness phenomenon and most complete workout system yet. Millions of people including athletes and celebrities have seen the benefits of TAE BO. Now it's here for you in San Bruno! "Motivation is temporary, but inspiration can last a lifetime", Peter says.

Cost: \$96 Resident, \$111 Non-resident  
Location: Dojo USA, 731 Kains Avenue, San Bruno  
Instructor: Peter Johnson, Billy Blank's Tae Bo Certified Instructor  
Day/Time: See below  
5418.201 M 4/7-5/12 6:15-7am  
5418.202 M 4/7-5/12 7:30-8:30pm  
5418.203 W 4/9-5/14 6:15-7am  
5418.204 W 4/9-5/14 7:30-8:15pm  
5418.205 F 4/11-5/16 6:15-7am  
5418.206 F 4/11-5/16 6:30-7:30pm  
5418.207 Sat 4/12-5/17 8:30-9:30am

## Private Tennis Lessons

Are you having trouble with your backhand or do you want to develop more topspin on your forehand? Learn new strokes or improve your old ones through individualized lessons based on your needs. For all ages, beginners to advanced. Call the tennis instructor at (408) 745-6171 to make arrangements. All checks payable to the "City of San Bruno". Check should be given to the instructor at the time of your lesson.

Instructor: Stanford Coach John Whitlinger & USPTA Professional Tom Sarsfield's staff  
Location: San Bruno City Park Tennis Court #1  
Fee: \$55 Resident, \$69 Non-resident (per hour),  
\$150 Resident, \$165 Non-resident (three one hour lessons)  
(Add \$5 per hour for an additional person)  
Code: 5402.211 (per hour)  
5402.212 (3 hours)

## Tennis Lessons (6 Classes)

Enjoy top-flight instruction from the staff of Stanford University's Tennis Coach John Whitlinger and USPTA Professional Tom Sarsfield. Six hours of instruction for adult/youth classes of four to eight students. Classes of two students will be converted into four one-hour lessons. In case of rain, check with the instructor at the court. NO POSTPONEMENT ANNOUNCEMENT WILL BE GIVEN OVER THE PHONE. If at anytime the instructor is absent, report to the next scheduled lesson for makeup date. Unless notified otherwise, any makeup(s) due to postponement (i.e. rainouts) will be held on the next available normal meeting day following the session. However, Sundays may be used at the instructor's discretion.

### Novice:

For beginners and advanced beginners. Learn simple and efficient techniques to develop dependable strokes that will enable you to enjoy tennis and continue to improve after class. Student(s) should repeat this class level until the instructor recommends an advancement.

### Low Intermediate:

For those who can rally consistently but lack depth and placement. Emphasis on stroke fundamentals and basic strategy.  
Ages 9-over (see below).

Cost: \$68 Resident, \$83 Non-resident  
Location: San Bruno City Park Tennis Court #1  
Instructor: Whitlinger Tennis Staff  
Day: Sat (see below for times)  
5402.201 Sat 10-11am 4/5-5/10 Novice/Low Int (15-over)  
5402.202 Sat 11am-12pm 4/5-5/10 Novice (9-14 yrs)



# ADULT ENRICHMENT

## Adult Spring Softball

The Spring Softball League will begin play in late March. Teams will play an eight game schedule with the top four teams advancing to a single elimination playoff. Each league will be limited to five teams. Registration packets are available at the San Bruno Recreation Department. Ages 18 & over or high school graduate.

Registration Deadline: Thursday, March 6

Tentative League Dates: April 7-June 1

League Nights: Monday - Recreational Coed (5450.201)

Tuesday - Men's C (5450.202)

Wednesday - Men's D (5450.203)

Thursday - Competitive Coed (5450.204)

Friday - Men's D (5450.205)

Game Times: 8:00pm & 9:00pm

Location: Lion's Field

League Fee: \$760 per team (discount of \$60 if you have 5 San Bruno residents or more)

**For additional information regarding the Adult Sports Leagues, contact Danielle at 650-616-7182.**

## Exercise Room

The San Bruno Exercise Room is located at the front of the Veterans Memorial Recreation Center. The room is 625 square feet, has natural sun light, fresh air circulation, and new workout equipment. Featured equipment includes a Universal Weight Lifting Machine, Olympic bench press and free weights, exercycle, treadmill, Stairmaster, Smith Glide Machine, Leg Curl/Extension machine, and dumbbells. Users must register at time of first use and carry San Bruno issued I.D. Card whenever using the facility. Please note: only San Bruno residents over the age of 18 are permitted to use the exercise room. All exercise room hours are Coed. Gym is closed on Tuesdays and Thursdays from 5:15-7pm for class.

### San Bruno Residents Only

\$4 one day pass

\$24 per month

\$95 per 6 months

### Hours of Operation:

Monday-Thursday

8:00am - 9:00pm

Friday 8:00am-5:00pm

Saturday & Sunday

9:00am-1:00pm

## Drop In Basketball Mondays & Wednesdays

San Bruno's Gymnasium is located at 251 City Park Way

(Participants must show proof of age by valid California ID or Drivers' License or School ID).

\$2 - Youth Open Play

16 & Under

6:30-7:30pm

\$4 - Adult Open Play

17 & Over

7:30-9:15pm

This schedule is subject to change for special events & holidays

## Women's Weight Training (16 Classes)

Whether you are 18 or 80, you never outgrow the need to exercise and stay fit. Strengthen, tone and shape your muscles through a variety of resistance training exercises. Workouts can be adjusted to fit your individual goals. This is a serious weight training and body building program and is recommended to anyone who is serious about getting and staying in shape. Class is limited to 22 students - so sign up early! Ages 18-over.

Cost: \$50 Resident, \$63 Non-resident  
Lab Fee: \$15 payable to instructor at 1<sup>st</sup> class

Location: Recreation Center Meeting Room & Exercise Room

Instructor: Kristin Allen

Day/Time: Tues. & Thurs., 5:15-7pm  
5904.201 T&Th 4/8-5/29

## Adult Intro to Ice Skating (6 Classes)

You can have fun learning how to ice skate while getting some exercise too! Basic skating skills will be covered in these six-week courses. Class fee includes one-half hour lesson, skate rental and practice time immediately following each lesson. Be sure to dress warmly and wear thick socks. Please be sure to arrive 15 minutes prior to lesson to check-in and get skates on. Ages 16-over.

Cost: \$64 Resident, \$79 Non-resident

Location: Ice Center at San Mateo

Instructor: Ice Center Staff

Day/Time: Thurs., 7-8pm

5400.201 Th 4/17-5/22

# ADULT ENRICHMENT

## Fused Glass Jewelry (4 Classes)

Continuing students will always learn something new in this class. Advanced students will explore inclusions, enamels, milliflorii and much more. Come and learn the beautiful and extraordinary art of glass fusion from professional artist Charna Conway! After completing this course, you will not only come away with a sun catcher, pendant, earrings and a pin, but the basic knowledge of FUSING GLASS. All of your tools and supplies will be provided. Just wear your old clothes and prepare to have fun. Once you learn this beautiful art form you will be amazed at what you can create. All projects will be fired by instructor. Class sizes are limited so sign up early! Ages 13-over. Children over 8 can sign up with a supervising adult.

Cost: \$65 Resident, \$80 Non-resident  
Drop In: \$20 Resident, \$25 Non-resident  
Lab Fee: \$25 payable to instructor, includes glass and firing.  
Drop In Lab Fee: \$10 payable to instructor  
Location: Recreation Center Ceramics Studio  
Instructor: Charna Conway  
Day/Time: Thurs., 9:30-11:30am, Thurs., 7-9pm  
5015.205 Th 4/10-5/1(am)  
5015.206 Th 4/10-5/1(pm)

## Glass Mosaic for Beginners & Intermediates (4 Classes)

In this special mosaic class, students will use glass to transform a wood box, mirror, picture frame or you may work on a special project approved by your instructor. Beginners and advanced students are welcome. The student's design will be based on their skill level. Students will learn to cut and shape glass as well as all of the other skills that are required for mosaic. Come and experience this fabulous art form taught by professional artist Charna Conway. All specialty glass, tools and project materials will be provided. Visit Charna's website at [www.eyehighart.com](http://www.eyehighart.com) for a view of some of her beautiful mosaics and other art. Ages 13-over.

Cost: \$68 Resident, \$83 Non-resident  
Lab Fee: \$28 payable to instructor  
Location: Recreation Center Ceramics Studio  
Instructor: Charna Conway  
Day/Time: Thurs., 9:30-11:30am or 7-9pm  
5015.203 Th 5/8-5/29(am)  
5015.204 Th 5/8-5/29(pm)



## Glass Night Lights, Napkin Holders & Small Bowls (4 Classes)

Come and learn the beautiful and extraordinary art of glass fusion! After completing this course you will learn to create a fused glass slumped bowl, a glass night light or a napkin holder. Basic glass cutting and fusing skills are required and can be learned in fused glass jewelry. All of your tools, cutters, saws, grinders and a kiln as well as fusing glass supplies will be provided. New molds have been purchased - come see! Class sizes are limited so sign up early! No class 5/26. Ages 15-over.

Cost: \$65 Resident, \$80 Non-resident  
Lab Fee: \$55 payable to instructor, includes glass, molds and firing - some projects may require an additional lab fee.  
Location: Recreation Center Ceramics Studio  
Instructor: Charna Conway  
Day/Time: Mon., 9:30-11:30am or 7-9pm  
5015.207 M 5/5-6/2(am)  
5015.208 M 5/5-6/2(pm)

## Learn the Art of Beading (1 Class)

Learn all of the beading basics in these progressive classes. Take one or take them all. First class includes attaching findings so that you can attach any closure on a necklace or bracelet. You will make a beautiful glass bead bracelet with a toggle closure. Second class includes learning to make loops and wraps. You will make several pairs of earrings and learn about chandelier style earrings as well. Third class, learn how to use memory wire to make fantastic creations. You will make a multi-loop glass bead bracelet in this class. Tools will be provided, however if you have beading tools, please bring them. All findings, beads and accessories will be included in your lab fee. Time permitting you will learn tricks for using stretch elastic bracelets.

Cost: \$13 Resident, \$16 Non-resident  
Sign up for all 3: \$30 Resident, \$38 Non-resident  
Lab Fee: \$10 per class payable to instructor  
Location: Recreation Center Ceramics Studio  
Instructor: Charna Conway  
Day/Time: Sat., 12-1:30pm,  
5015.209 Sat 5/17 (1<sup>st</sup> Class)  
5015.210 Sat 5/24 (2<sup>nd</sup> Class)  
5015.211 Sat 5/31 (3<sup>rd</sup> Class)  
5015.212 Sat 5/17-5/31  
(all 3 classes)



## Multi Strand Necklace Bead Class (1 Class)

In this special three hour class you will learn the tricks of designing multi strand necklaces as well as all of the basics such as attaching findings. Each student will create a multi strand necklace in class to take home for all to admire. All of your tools, beads and findings will be supplied. Please bring a beading tray and your own tools if you have them. Ages 15-over.

Cost: \$25 Resident, \$31 Non-resident  
Lab Fee: \$18 payable to instructor  
Location: Recreation Center Ceramics Studio  
Instructor: Charna Conway  
Day/Time: Sat., 9:30am-12:30pm  
5015.225 Sat 5/3

# ADULT ENRICHMENT

## Sketching, Painting & Watercolor (8 Classes)

Sketching and drawing will be done using the "Right Side of the Brain" techniques, which encourages an original and inspirational approach. Please bring any brushes, sketchbooks and watercolor paper you will need. Brushes are also available through the instructor at a minimal cost. This class is open to all beginning and intermediate students. Ages 15-over.

Cost: \$43 Resident, \$53 Non-resident  
Location: Recreation Center Ceramics Studio

Instructor: Marilyn Bennett  
Day/Time: Tues., 6:30-9:15pm, Wed., 9:30-11:45am

5005.201	T	4/8-5/27
5005.202	W	4/9-5/28

## Fused Glass Workshop (1-4 Classes)

Come in and find out what glass fusion is all about. In this workshop you will learn the fundamentals of glass fusion and make a fused glass project as well. Learn the entire basis as well such as glass cutting and grinding and other skills necessary to create fused glass. You may sign up for one of the workshops or take all four and complete a variety of projects. This is a unique opportunity to experience this expensive medium for a fraction of the cost you will find anywhere else. So come in and see why fused glass is the hottest new craze. Ages 15-over.

Cost: \$20 Resident, \$25 Non-resident  
\$70 Resident, \$85 Non-resident (all four classes)

Lab Fee: \$10 payable to instructor  
Location: Recreation Center Ceramics Studio

Instructor: Charna Conway  
Day/Time: Sat., 9:30-11:30am

5015.213	Sat	4/19
5015.214	Sat	5/17
5015.215	Sat	5/24
5015.216	Sat	5/31
5015.224	Sat	4/19-5/31

## Creative Ceramics (8 Classes)

Create your own casseroles, platters, mugs and sculptures with microwaveable - led free glazes. Learn hand work as well as wheel throwing, slab, coil and sculpture introduced. Lab fee covers cost of glaze and firing. Clay is available at cost. Wear your old clothes or smocks! Ages 15-over.

Cost: \$40 Resident, \$50 Non-resident  
Lab Fee: \$10 payable to instructor at first class

Location: Recreation Center Ceramics Studio

Instructor: Marilyn Bennett  
Day/Time: Tues., 6:30-9:15pm, Wed., 9:30-11:45am

5002.201	T	4/8-5/27
5002.202	W	4/9-5/28

50+ Ceramic classes & Oil Painting offered at the Senior Center by the San Mateo Adult Education. For more information see page 35 or contact the Senior Center at 650-616-7150.

## Porcelain Dolls (8 Classes)

Create a doll for someone special and a gift that can be treasured forever. Complete a doll of your choice in porcelain. After using our molds, you will be instructed in cleaning and finishing techniques as well as china painting to decorate dolls. A wide variety of dolls will be reproduced, antique as well as new modern dolls are available from 2" to 36". Supplies, greenware, china paints and tools purchased separately from instructor. Ages 15-over.

Cost: \$40 Resident, \$50 Non-resident  
Lab Fee: \$10 payable to instructor at first class

Location: Recreation Center Ceramics Studio

Instructor: Marilyn Bennett  
Day/Time: Tues., 6:30-9:15pm, Wed., 9:30-11:45am

5001.201	T	4/8-5/27
5001.202	W	4/9-5/28

**New!**

## Create Beautiful Mosaic Pots for Spring (4 Classes)

Artist Charna Conway will teach you all of the mosaic techniques to create your own stunning plant pot for adding color to your home or garden. Students will learn how to cut and shape tile as well as tons of tricks of the trade to make other stunning mosaic projects. All of your mosaic supplies and tools will be provided. Class size is limited so sign up early for this fantastic class.

Cost: \$65 Resident, \$80 Non-resident  
Lab Fee: \$15 payable to instructor  
Location: Recreation Center Ceramics Studio

Instructor: Charna Conway  
Day/Time: Mon., 9:30-11:30am or 7-9pm

5015.201	M	4/7-4/28(am)
5015.202	M	4/7-4/28(pm)

**New!**

## Drop In Glass Lab

If you are currently enrolled in one of the glass fusion classes you may sign up for using the studio to work on your projects. The lab times are available during any of Charna's classes. The spots available are based on the current class size and must be arranged by instructor. So use the sign up sheet available in the ceramics room to reserve your spot. **Lab fees apply.**

Cost: \$20 Resident, \$25 Non-resident  
Lab Fee: \$10 payable to instructor  
Location: Recreation Center Ceramics Studio

Instructor: Charna Conway  
Day/Time: Mon., 9:30-11:30am

5015.217	M	4/7
5015.218	M	4/14
5015.219	M	4/21
5015.220	M	4/28



# ADULT ENRICHMENT

## Belly Dance (8 Classes)

Are you tired of aerobics or don't find Jazzercise very creative? Try Belly Dance! A dance with ancient origins, it is not only great exercise, but also is highly individualistic, allowing each dancer to develop her own unique style. Instruction includes dance styles from Egypt (Cabaret, Ghawazee, Saidi), Tunisia, Morocco, Turkey, Persia and Afghanistan. The course, for beginning through advanced teens and adults, will also include instruction in costuming techniques appropriate to each style. Bring three yards of sheer 45 inch wide fabric and a set of four finger cymbals. Ages 13-over. No class 5/26. Females only.

Cost: \$55 Resident, \$70 Non-resident  
Location: Monte Verde Elementary School  
Instructor: Nancy Hernandez  
Day/Time: Mon., 7-9pm  
5106.201 M 4/7-6/2

## Beginning Adult Hip Hop (7 Classes)

In this high energy dance class, participants will learn hip hop and stepping combinations and routines. Class will also focus on flexibility rhythm and coordination skills. Intermediate levels are welcome. Ages 18 and over.

Cost: \$81 Resident, \$96 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Pacific Dance Company  
Day/Time: Wed., 6:30-7:30pm  
5119.201 W 4/23-6/4

## Adult Beginning Ballet & Jazz (7 Classes)

Come join the fun and work on your flexibility, rhythm and coordination skills! In this combination class, students will warm up, stretch, learn ballet and jazz combinations, and routines! Intermediate students are welcome as well. No class 5/26. Ages 18 & over.

Cost: \$81 Resident, \$96 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Pacific Dance Company  
Day/Time: Mon., 11am-12pm  
5120.201 M 4/14-6/2

## Pilates (8 Classes)

Spice up your spring workout with the Magic Circle, foam roller, resistance band, and more! In this mixed-level mat class, you will tone and strengthen your "core" - the abdominal, gluteal, hip, and postural muscles - using props to add challenge and variety to Pilates-based exercises. Increase your flexibility, invigorate your mind, and tune in to your body! No prior experience is necessary. Please bring a towel and mat. It is best not to eat prior to class. No class 5/26. Ages 15 and over.

Cost: \$69 Resident, \$84 Non-resident  
Drop In: \$10 Resident, \$13 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Stephanie Funk  
Day/Time: Mon., 6-7pm  
5610.201 M 4/7-6/2

## Social Ballroom Dance (6 Classes)

When you go to dance, do you envy those couples gliding around the floor? Are you going on a cruise, to a wedding or class reunion? This is your chance to shine! Join the beginning class and learn the basics in the Samba, Rumba, Cha Cha, Waltz, Foxtrot, Swing, Mambo, Tango and more. The Intermediate Class is a continuation of instruction from the Basic Class with the addition of NEW and advanced steps with emphasis on styling in all the dances. One basic series required before attending Intermediate Class. New intermediate steps every series. FOR COUPLES ONLY. Ages 16-over.

Cost: \$95 Resident, \$110 Non-resident (per couple)  
Location: Forest Hill Christian Church, 250 Laguna Honda Blvd. SF  
Instructor: Bart & Judy Lewis  
Day/Time: Thurs., 7:30-8:30pm (beg), or 8:30-9:30pm (int.) Registration @ 7:15pm.  
5105.201 Th 4/10-5/15 (beg)  
5105.202 Th 4/10-5/15 (int.)

## AM Yoga & Rhythm (8 Classes)

Men and women of all ages will benefit from easy and effective yoga postures in a non-competitive environment. No experience is required. We will begin warm-ups with movements to lively rhythms, followed by relaxation and stretching. Feel recharged in body, mind and spirit and take the energy into your daily life. Please bring a mat and an empty stomach to class. Ages 15-over.

Cost: \$83 Resident, \$98 Non-resident  
Drop-In: \$12 Resident, \$15 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Monika Neal  
Day/Time: Wed., 10:30am-12pm  
5600.201 W 4/9-5/28

50+ Yoga Classes offered at the Senior Center. For more information see page 35 or call the Senior Center at 650-616-7150.

## Yoga (5 Classes)

Yoga means union and is designed to assist in integrating mind, body and spirit. Each yoga posture not only helps us to relax, strengthen and tone, but also aids in opening major energy centers. Over time, many of us build up and hold blocked energy within, creating tension, stress and disease, which limits us from vibrating at our highest level. Take time for yourself and join this non-competitive, relaxing and life-giving environment. No previous experience is necessary. Please bring a mat or towel. It is best not to eat prior to class. No class 5/26. Ages 15-over.

Cost: \$52 Resident, \$63 Non-resident  
Drop In: \$12 Resident, \$15 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Linda Russell  
Day/Time: Mon. 7:15-8:30pm  
5601.201 M 4/7-5/5  
5601.202 M 5/12-6/16

# ADULT ENRICHMENT

## Chinese Martial Arts

### Kung Fu (5 or 6 Classes)

Come challenge yourself physically and mentally as you learn this traditional form of Chinese martial arts. In this introductory class, students will learn fundamental building blocks that will help develop skills required in more advanced levels of Kung Fu training. The student will learn the origin of Chinese Martial Arts, customs and philosophies, and in turn develop a respectful attitude toward others and themselves. Students will learn basic stances, punches, footwork, and practical self-defense techniques. Students will also learn a Northern Shao-Lin form. Uniform and equipment may be purchased from instructor. Students signing up for Beginner II must have completed the Beginner I class and permission from Instructor. Ages 6-over.

Cost: Session 1: \$48 Resident, \$60 Non-resident, Session 2: \$57 Resident, \$71 Non-resident

Lab Fee: Equipment may be purchased from instructor

Location: Monte Verde School

Instructor: Robert Louie & Herb Leung

Day: Friday

Beginner I

5401.201 6:45-7:45pm 4/4-5/2

5401.202 6:45-7:45pm 5/9-6/13

Beginner II

5401.203 7:45-8:45pm 4/4-5/2

5401.204 7:45-8:45pm 5/9-6/13

## Fun Part-Time Jobs (1 Class)

Get paid to sample food, to dine out, for your opinions, to shop, to go bowling, to work out in a gym, to be in a movie or TV, to share your hobby, and many more! No age limit, no education or experience required. Instructor Dan Tilles has done them all and will tell you who hires, how to apply, what they pay and everything else you need to know to make money having fun. Ages 18-over.

Cost: \$24 Resident, \$30 Non-resident

Lab Fee: \$1 payable to instructor at class

Location: South San Francisco Municipal Building, 33 Arroyo Dr.

Instructor: Dan Tilles

Day/Time: Thurs., 7-9:30pm

5204.201 Th 4/3

## CPR & First Aid

### (2 Classes)

Become a part of the chain of survival in your community by learning First Aid and CPR. Learn how to manage cardiovascular emergencies in the first few minutes until Emergency Services arrives. In this class you will learn infant, child and adult CPR and first aid as well as how to use an AED (Automated External Defibrillator). At the completion of this class, you will be tested and receive a certification. Ages 15-over.

Cost: \$85 Resident, \$100 Non-resident

Location: Recreation Center Conference Room 2

Instructor: David Smiley, SF Fire Fighter

Days/Time: Tues., 6-8:30pm

5527.201 T 4/8 & 4/22

## How to Sell Your House for Top Dollar (1 Class)

Most home sellers make a number of mistakes that in the Bay Area, end up costing them thousands of dollars, even though they may never realize it. Comprehensive yet concise, this enjoyable "boot camp" shares cutting-edge insider secrets that can enable the typical seller to enhance bottom-line earnings by literally tens of thousands. If you may be selling your house in the near future, you cannot afford to miss this class. Ages 18-over.

Cost: \$15 Resident, \$19 Non-resident

Location: Conference Room 1

Instructor: Daniel Berman

Day/Time: Wed., 7-9pm, Sat., 10am-12pm

5803.201 W 5/7

5803.202 Sat 5/17

## Compost Workshop! (1 Class)

The County of San Mateo Master Composting Volunteers will provide a free workshop to the public to educate and demonstrate how to compost and worm compost. Each class is 2 hours long (will cover the same material) and since the instructors are volunteers there may be different instructors for different days. All volunteer Master Composters have completed an intensive Master Composter Training Program of 20 initial hours and monthly in-service training. Ages - All Welcome!

Pre-registration for this class is desired. In the case of no enrollment, class will be canceled two days prior to the meeting date.

Cost: Free!

Location: Recreation Center Conference Room 2

Instructor: San Bruno Garbage Co. & County of San Mateo Master Composting Volunteers

Days/Time: Sat., 9:30-11am,

Tues., 6:30-8pm

5205.201 Sat 4/19

5205.202 Sat 5/17

5205.203 T 6/10

## Women and Investing (4 Classes)

Participants will learn the power of investing and how to examine their current financial situation, focus on their goals, control taxes, and manage financial risks. We will also discuss stocks and bonds, investing and retirement plans. Investments will be unveiled in simple, easy to understand language for everyone.

Cost: \$15 Resident, \$19 Non-resident

Lab Fee: \$6 payable to instructor at first class

Location: Recreation Center Conference Room 1

Instructor: Meg Finones

Days/Time: Thurs., 6:30-8:30pm

5225.201 Th 5/8-5/29

# San Bruno Senior Center    1555 Crystal Springs Road

## Phone: 616-7150 Fax: 589-8219

Open 8:00am - 4:00pm, Mondays - Fridays

### Senior Center Staff

Wendy Mines, Recreation Services Manager  
 Mary Tessier, Recreation Services Supervisor  
 Fred Perez, Building Maintenance  
 Ricardo Dimas-Amaya, Building Maintenance  
 Susan McCaman, Information & Referrals  
 Dorothy Rose, Office Assistant  
 Gloria Deeter, Nutrition Site Manager  
 Ron Miles, Transportation

### Senior Advisory Board

Dale Sly, Chair

Tony Geraldini	Bill Goff
Loretta Groulx	Arland Sponsler
Dorothy Carmichael, Vice Chair	Barbara Luzaich

Pick up our monthly calendar "Simple Pleasures" at the reception desk in the Senior Center.

## Art & Special Interests, Exercise, Music & Dance

### Mondays

3-Mile Hike.....	8:15am
Intermediate Western Line Dancing.....	9:00am
*Ceramics .....	9:00am
*Arm Chair Travel .....	10:00am
Ballroom Dancing (to live music).....	10:45am
Bridge.....	1:00pm
*Wings Over Italy .....	1:00pm
BINGO.....	1:10pm
Computer Club.....	1:00pm
*Gentle Pilates Level 1 .....	3:30pm
*Yoga.....	4:30pm

### Tuesdays

Fun & Fitness Exercise.....	9:00am
Beg/Int Tap Dance.....	10:00am
Spanish Lessons.....	10:00am
Ukule Lessons.....	10:00am
First Time Tappers.....	11:00am
Computer Club.....	1:00pm
Tai Chi (Beginners).....	12:00pm
Music Sing Along (3rd Tuesday).....	12:30pm
Tai Chi (Intermediate).....	1:00pm
Ballroom Dance Lessons.....	2:15pm

### Wednesdays

3 Mile Hike.....	8:15am
Advanced Western Line Dancing.....	9:00am
Stained Glass.....	9:30am
Ballroom Dance (to live music).....	10:45am
Computer Club.....	1:00pm
*Current Affairs.....	1:00pm
Beginning Western Line Dancing.....	1:00pm
Intermediate Western Line Dancing.....	2:00pm
BINGO.....	1:10pm
*Yoga.....	4:30pm

### Drop In Activities

Bocce Ball, pool table, & cards,  
 plus monthly Card Tournaments,  
 Monday and Friday afternoon Bridge Club

### Thursdays

Fun & Fitness Exercise.....	9:00am
Creative Writing.....	10:00am
*Yoga .....	10:00am
*Oil/Acrylic Painting .....	12:30pm
Softball .....	10:30pm
Ballroom Line Dancing.....	1:00pm
Widow & Widowers Support Group.....	1:00pm
Pedro (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday Tournament).....	12:30pm
Thursday Night BINGO.....	5:00pm

### Fridays

3 Mile Hike.....	8:15am
Advanced Tap Dance.....	9:00am
Crafts & Knitting.....	9:00am
Movie (1 <sup>st</sup> Friday).....	9:30am
Computer Club.....	1:00pm
Bridge.....	1:00pm
Gardening Class.....	1:00pm
BINGO.....	1:10pm
Ping Pong (2 <sup>nd</sup> & 4 <sup>th</sup> Friday).....	1:30pm

\*Sponsored by San Mateo Adult Education

### Adult Education Programs

All seniors (50+) are invited to participate in all classes. Co-sponsored with San Mateo Union High School District

<u>Class</u>	<u>Instructor</u>	<u>Day</u>	<u>Times</u>
Ceramics	Jeri McGovern	M	9am
Armchair Travel	Aldo Pardini	M	10am
Wings Over Italy	Aldo Pardini	M	1pm
Pilates	Stephanie Funk	M	3:30
Yoga	Matt McGovern Cory	M&W	4:30pm
Current Affairs	Jack Mather	W	1-3pm
Yoga	Elizabeth Hackett	Th	10-11:30am
Painting	Jeri McGovern	Th	12:30-3:30pm

THERE IS A NOMINAL FEE FOR THE ABOVE CO-SPONSORED PROGRAMS

Lunch & Transportation programs  
 sponsored in part by  
 San Mateo County Area Agency on Aging.



## ADULTS 50 +

### **American Association of Retired Persons (AARP)**

Monthly meetings at the San Bruno Senior Center, second Saturday of each month, 9:00am – 12:30pm.

### **San Bruno Senior Club**

The San Bruno Senior Club meets every Thursday at the Recreation Center from 10:00am to 3:00pm. Members bring a bag lunch, play cards, BINGO and may participate in special monthly excursions. Transportation is available to and from the club. Call Arland Sponsler at (650) 583-2000.

### **High Gas Prices? No Place To Park?**

**Why not try the BUS and leave  
the driving to us!**

**Door to Door Service to the  
Senior Center  
for San Bruno Residents  
Phone 616-7150**

### **Computer Club**

Membership is open to everyone over 50. We offer classes (including beginners), practice time and coaching. Current information is posted on the Club Bulletin Board in the Center's Conference Room. Questions call (415) 334-3434.

### **BOCCE BALL FOR PLAYERS 50+**

#### SPRING LEAGUE STARTS

Mondays 3/24 9am-12noon

Tuesdays 3/25 Noon-3pm

Friday 3/28 9:30-12noon

Registration Deadline: March 3, 2008

League Fee: \$5 per person non-members

Free for members

Sign up at the San Bruno Senior Center or  
call Mary Tessier at 616-7152.

### **2008 Spring Horseshoe League**

League Begins April 2

Registration Deadline March 14, 2008

League plays Wednesdays from 9:30-11:30am  
at Beckner Shelter in San Bruno City Park.

Two Person Teams

League Fee: \$2 for non-members

Free for members

For more information,  
call Mary Tessier at 650-616-7152.

### **Softball League**

The softball team meets in the gym at the Recreation Center from 10:30-noon on Thursdays. Everyone is welcome to join us for indoor games such as whiffleball. For more information call Mary at 650-616-7152. Outdoor play will begin in May.

**SOCIAL SERVICE HOTLINE - 1-800-675-TIES (8437)**

## ADULTS 50 +

### **Enhancing Nutrition with Eating Healthy 9:30-11am - 2nd Tuesday of each Month**

Join the San Bruno Senior Center for an exciting new monthly service. Each month, a licensed dietician will visit the Senior Center to enhance your nutrition and bring with her low sodium food for you to taste.

### **AARP Driver Safety Program (Formerly "55 Alive")**

**April 9 & 11**

**8:30am-12:30pm**

AARP & San Bruno Senior Center sponsors a refresher-driving course for adults 50 and over. The cost is \$10 for two 4-hour sessions. Call the Senior Center to register.

### **Blood Pressure Checks**

Come have your blood pressure and glucose screened the second Tuesday and last Friday of each month from 9:30-11am. There is no charge for this service. This program is sponsored by Senior Focus, Mills-Peninsula Health Services and San Mateo County Aging & Adult Services.

### **Health Insurance Counseling and Advocacy Program (Hicap)**

Call 1-800-434-0222 to speak to our volunteer health insurance counselor who is available for Tuesday appointments. She will help answer your questions about medicare and health insurance issues including HMO's and Long Term Care.

### **Social Services**

Susan McCaman at (650) 616-7155 is available to assist and answer questions pertaining to senior health care, transportation, employment, respite care, tax assistance, social security insurance, home delivered meals, housing, and more. If you are homebound or know of someone who can use assistance or support, call Susan. There is no charge for this valuable service for San Bruno residents, but donations are accepted.

### **Minor Home Repair Program for Senior Homeowners**

If you have problems with:  
Screen Doors Broken Windows  
PG&E Weather Stripping  
Minor Plumbing Repairs

Call: Neighborhood Services of Northern San Mateo County to see if you qualify for assistance. 650-583-3373

### **Help at Home: A Guide to Assist San Mateo County Residents to Remain at Home**

The Help at Home guide is a mini-reference guide designed to assist San Mateo County adults of all incomes to remain in their homes when they are ill, disabled, or in crisis. The guide includes listings for Aging & Adult Services of San Mateo County, adult day care centers, grocery and meal delivery services, dining centers, home care services, home health agencies, medical insurance assistance, loan closets, medical equipment, support groups, transportation, and more.

Help at Home is published by the San Mateo County Commission on Aging and the Peninsula Library System and contains no advertisements. Spanish and Chinese versions will be available and an online version can be accessed at <http://cip.plsinfo.org/hah.htm>. To obtain a free copy of the 2006-2007 booklet, please call the Peninsula Library System Community Information Program at 650-595-7950, or call Susan McCaman at the San Bruno Senior Center at 650-616-7155.

# ADULTS 50 + LUNCH IS SERVED!

Pick up your copy of "Simple Pleasures" at the Senior Center Reception Desk and check out our daily lunch menu! Our talented chefs prepare food onsite to provide you with delicious meals that you can enjoy with your friends on the deck overlooking Junipero Serra Park or in our beautiful dining room. If you're at least 60 years old (and registered), the requested donation for each meal is only \$2.75\*. Registration is easy. Just stop by and we'll show you how. If you're younger than 60, the cost for each meal is \$5.00.

\*Co-sponsored by San Mateo County Area Agency on Aging

## Fun Events at San Bruno Senior Center

**March 17**

**St. Patrick's Celebration**

**March 21**

**Easter Celebration**

**May 9**

**Mother's Day Celebration &  
Step Out For Seniors**

## "Freddie's Cafe"

Monday - Friday

8:00am-4:00pm

Now serving Espressos, Lattes,  
Mochas, Cappuccinos, Speciality  
Drinks, Chai Tea, Hot Chocolate,  
Tea, Hot Apple Cider, Italian So-  
das, and Sandwiches!

8:30-10:30am

OPEN TO THE PUBLIC!

## Pancake Breakfast

3rd Friday of Every Month

8:30-10am

\$1 for two pancakes, juice,  
coffee and fruit!

San Bruno Senior Center  
Non-Profit Nutrition Program  
Sponsors

## Thursday Night BINGO

Open to the Public

Maximum payouts

Doors open at 5:00pm

Games begin at 6:45pm

4 Early Birds; 17 regular games  
and much, much more!

## Salad Bar

Monday - Friday

11:00am - 12:15pm

\$3.00 Donation

For people 60+ and registered  
for the Senior Center  
Lunch Program





## ADULTS 50 +

### Your 2008 S.B.S.C. Voluntary Membership Application is waiting for you at the Senior Center Reception Desk.

Annual Membership fee is \$15 per year for San Bruno Residents, \$20 for non-residents. Any additional donation is tax deductible and supports the non-profit Information/Referral, Transportation, and Lunch Programs.

The benefits package includes:

One Lunch Ticket valid on a Tuesday

One Free Happy Hour

One Free Biscotti or Pastry at Coffee Bar

Waive Senior Center League participation fees for Bocce, Horseshoes and Softball

Free use of the Billiards Table

Plus the satisfaction of supporting your San Bruno Senior Center

## Sunday Dances

### 1<sup>st</sup> Sunday of the Month

Line Dance

1:00-4:00pm, \$5 seniors (50+) only.  
Refreshments, lessons and dancing!

### 3<sup>rd</sup> Sunday Dances

Come and dance the afternoon away with the Bob Guterrez Band.

Your hosts: Raoul Epling & Akira Tsunoda

1:00-3:00pm, \$4 per person

### Sunday Drop-In Dance

Last Sunday of each month.

Live music with the Bob Guterrez Band.

Your host: Raoul Epling & Akira Tsunoda

1:00-3:00pm, \$4 per person

### San Bruno Parks & Recreation Senior Services Presents

## STEP OUT FOR



## SENIORS

FRIDAY, MAY 9, 2008

8 AM - 1 NOON

**\$10 REGISTRATION FEE INCLUDES:**

8am - 6 Mile Sawyer Camp Trail Walk

9am - Fitness walk around San Bruno City Park

10am - Health Information

11am - Entertainment

12noon - Lunch

Fee includes walk, transportation to Sawyer Camp Trail, lunch, entertainment and t-shirt (for first 20 people to sign up for each walk).

PRE-REGISTER BY APRIL 25<sup>TH</sup> AT THE

SAN BRUNO SENIOR CENTER

1555 CRYSTAL SPRINGS ROAD

650-616-7150

## Safari West

Wednesday, May 21, 2008

**\$84 per person**

Journey to Northern California's Wine Country where oak trees with glittering leaves dot green rolling hills and where a red barn faces a field fringed with dainty wildflowers in every color. But, what is that giraffe doing? Are those ostriches over there? What's that goat-like critter with the weird, twisted horns? Well, take a deep breath, you're in Sonoma County's own Serengeti...Safari West. Upon arrival, we embark on an hour and a half motorized tour (must be able to climb into vehicle/tram) of this 400 acre ranch of more than 350 exotic mammals and birds. You'll probably see bongos, gazelles, giraffes, antelopes, elands, zebras, Watusi cattle, and more. After the tour we'll enjoy a bountiful hosted lunch. Then it is off to Novato where we will take a walk down memory lane and remember good things and good times. Powell's Sweet Shoppes are nostalgic re-creations of that classic and bygone era and has been featured on regional TV shows. Powell's Sweet Shoppe is the Smithsonian of candy stores.

# ADULTS 50 + EVENTS

## Chukchansi Gold Resort & Casino

March 10-11, 2008

**\$130 per person Double Occupancy**

**\$38 Single Supplement**

Nestled in the beautiful Sierra Foothills near Yosemite National Park, Chukchansi Gold Resort & Casino is a stone's throw from some of the country's most breathtaking and memorable landscapes. Step into the lobby and feel the warmth of a California mountain lodge. Fee includes deluxe motorcoach transportation, luggage handling, one night accommodations at the resort, Hilmar Cheese Factory tour and hosted lunch, \$10 casino food credit and \$10 slot play.

## Mystery Trip

Thursday, April 3, 2008

**\$77 per person**

If you are looking for a little mystery in your life, than this trip is for you! North, South, East, or West, this trip is sure to be the best! The trip includes deluxe motorcoach transportation, a hosted lunch, a little decadence and a little sightseeing.

## Day at the Races

### Bay Meadows

Friday, May 8, 2008

**\$30 per person**

Join the Senior Center at Bay Meadows for a day at the races. Cost includes general parking admission, reserved seating in the Turf Club, a buffet lunch including coffee, tea and ice tea, a complimentary racing program, named race with space available. The first races is at approximately 1pm and the final race is at approximately 4:30pm. Call Julio or Josie Borruso at 650-737-0912 for reservations or information.

## INDIAN CASINO DAY TRIPS

Depart San Bruno at 8am and travel to an Indian Casino where you will enjoy casino action.

**Cashe Creek - \$30**

**Tuesday, April 15**

\$5 match play, \$5 table games & \$2 food coupon

**Gold Country Oroville - \$20**

**Wednesday, May 21**

\$10 cash coupon

**River Rock - \$30**

**Thursday, June 19**

\$15 cash coupon

## Laguna Art Festival

August 6-11, 2008

**\$1,275 per person Double Occupancy,**

**\$400 Single Supplements**

Trip includes deluxe motor coach transportation, 5 nights deluxe accommodations at the Westin in Pasadena, 15 hosted meals plus tax and gratuity, guided tour of the Huntington Library and Botanical Gardens, the Nethercutt Museum, the Gamble House, San Juan Capistrano and Mission San Juan Capistrano, Fun Zone Riverboat Newport Beach and Main Tier Seating at Pageant of the Masters Laguna Art Festival.

## Overnight Casino Trip

Reno - Sands

Sunday & Monday

March 30-31, 2008

\$65 Double Occupancy

\$77 Single Occupancy

\$12 Food Coupons

\$30 Cash Bonus

Contact Barbara Luzaich - 583-6745

**FOR FURTHER INFORMATION ON ALL TRIPS, CALL  
THE SAN BRUNO SENIOR CENTER AT (650) 616-7153.**

# COMMUNITY GROUPS

## Community Clubs & Organizations

### BOY SCOUTS OF AMERICA

Contact Council Headquarters at 341-5633

### FAMILY SERVICE AGENCY CHILD DEVELOPMENT CENTER

Contact 692-0555

### FRIENDS OF THE SAN BRUNO PUBLIC LIBRARY

Contact Karen Mayers, President, 952-2035

### GIRL SCOUTS OF AMERICA

Contact 1-800-447-4475

### BLOOD CENTERS OF THE PACIFIC

Contact 369-8211

### SAN BRUNO 4H CLUB

Farm Phone Number 588-9549

Contact Melinda Buchan at 583-6754 or  
Jane Stahl at 583-7249

### SAN BRUNO AARP

Contact Bill Goff at 583-4499

### SAN BRUNO AMERICAN LEGION

Contact Bill Polson at 583-3232

### SAN BRUNO CHAMBER OF COMMERCE

Contact Laura Baughman at 588-0180

### SAN BRUNO COMMUNITY GARDENS

Contact Helen Kiefer at 871-1958

Plots are \$45 per year. Garden is located at the  
south end of First Avenue near Lions Field.

### SAN BRUNO LIONS CLUB

Contact Harry Costa at 871-9425  
Posy Parade - 1<sup>st</sup> Sunday in June!

### SAN BRUNO MOTHERS CLUB

Contact 286-7591

General meetings held 3rd Tuesday at San Bruno  
Recreation Center Conference Room  
website: [www.sanbrunomothersclub.com](http://www.sanbrunomothersclub.com)

### SAN BRUNO POLICE RESERVES

Contact Sergeant Matt Campi at 616-7107  
[mcampi@ci.sanbruno.ca.us](mailto:mcampi@ci.sanbruno.ca.us)

### SAN BRUNO ROTARY

Contact Meg Finones, President, at 952-2877  
P.O. Box 651, San Bruno, CA 94066  
[www.rotary.sanbruno.org](http://www.rotary.sanbruno.org)

### SAN BRUNO SENIOR CLUB

Contact Arland Sponsler, President, at 583-2000

### ULTIMATE ALL STARS COMPETITIVE CHEER & DANCE

Contact Valerie Miller 504-8015

[www.uachampions.com](http://www.uachampions.com)

### VFW Post 2517

Contact Commander Robert Sneathen III at 952-5348

## Sports Contacts

Note: Playing seasons and some sign-up dates are  
listed. For further information, call the contact.

### Baseball

**Junior Giants** (7-12 yrs) - Lorry Greenberg.....873-0856

League: July-August, Sign-ups 1<sup>st</sup> & 3<sup>rd</sup> Sun. in May

**Pewee League** (8-10 yrs) - Ray Scarabosio.....952-5588

League March-June, Sign-ups 2<sup>nd</sup> & 3<sup>rd</sup> Sat. in January

**Fall Baseball** (10-14 yrs) - Jim Thiel.....589-4432

League: August-November, Sign-ups June 9 & 16

**Bronco Division** (11-12 yrs) - John Seever.....871-8493

League: Mid February-June, Sign-ups end of January

**Pony Division** (13-14 yrs) - Jim Thiel.....589-4432

League: Mid February-June, Sign-ups end of January

**Colt League** (15-16 yrs) - Scott Zayac.....588-1142

Jeff Smiley.....872-6694

League: Mid May-Mid July, sign-ups last two Sat. in Feb.

**DiMaggio Team** (16-18 yrs) - (Summer)

Tom Lara.....589-4430

Bob Nolan.....952-6833

League: End of May-Mid August, sign-ups in February

**DiMaggio Team** (Winter) - Tom Lara.....589-4430

or Lee Graf.....873-6416

League: September-November, sign-ups in August

**American Legion** (Summer & Fall) - Lynn Berliner.....873-0918

League: End of May- Mid August & September-Mid November,  
sign-ups end of February

### Softball

**Girls Minor League** (6-13 yrs) - Bill Bishop.....872-3291

League: Mid February-Mid May, sign-ups Mid October

**Girls Major League** (13-18 yrs) - Bill Bishop.....872-3291

League: End of May - Mid July, sign-ups late March

**Women's League** - Danielle Brewer.....616-7182

League: July - October

**Men's League & Coed League** - Danielle Brewer.....616-7182

League: Spring: April-June, Summer: July-September

**50+ Daytime League** - Mary Tessier.....616-7152

### Football

#### West Bay Rams

Football & Cheerleaders - Tony Dowler.....271-RAMS

**Mens Flag Football League** - Danielle Brewer.....616-7182

### Soccer

**A.Y.S.O.** (4-18 years) - Bob Luttrell.....873-2976

League: Year-Round

**Royal Highlanders United F.C.** (14-18 yrs)

Thom Brock, Sr.....692-8005

League: Year Round

**Lowen Soccer Club** (6-19 yrs) - Vic Montoya.....871-8166

League: Year Round

### Bocce Ball

Spring, Summer & Fall - Mary Tessier.....616-7152



# SAN BRUNO RECREATION SERVICES

## HEALTH INFORMATION FORM

(MUST BE RETURNED WITH CAMP KALEIDOSCOPE, MINI KALEIDOSCOPE AND ADVENTURE CAMP  
REGISTRATION AND TO ATTEND THE SUMMER PLAYGROUND PROGRAM)

PARTICIPANT'S NAME: \_\_\_\_\_ SEX: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

PARENT OR LEGAL GUARDIAN: \_\_\_\_\_ PHONE: \_\_\_\_\_  
\_\_\_\_\_ PHONE: \_\_\_\_\_

IF PARENT IS NOT AVAILABLE IN AN EMERGENCY, NOTIFY:

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ RELATION: \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ RELATION: \_\_\_\_\_

### HEALTH HISTORY:

FOOD ALLERGIES: \_\_\_\_\_ SYMPTOMS: \_\_\_\_\_

INSECT ALLERGIES: \_\_\_\_\_ SYMPTOMS: \_\_\_\_\_

ASTHMA HISTORY: \_\_\_\_\_ SYMPTOMS: \_\_\_\_\_

DIABETES: \_\_\_\_\_ SYMPTOMS: \_\_\_\_\_

SEIZURE HISTORY: \_\_\_\_\_ SYMPTOMS: \_\_\_\_\_

MEDICATIONS: \_\_\_\_\_

Any other operations, serious injuries, chronic or recurring illnesses we should be aware of:

Any specific activities to be restricted:

**IMPORTANT: PLEASE NOTIFY THE RECREATION LEADER IF THIS PARTICIPANT  
HAS BEEN EXPOSED TO ANY COMMUNICABLE DISEASE DURING THE 3 WEEKS  
PRIOR TO ATTENDANCE OR AT ANY TIME DURING PARTICIPATION.**

Parents' Authorization: This health history is correct so far as I know, and the person herein described has permission to engage in all prescribed activities, except as noted by me.

In the event I cannot be reached in an EMERGENCY, I hereby give permission to physician selected by parent or legal guardian or the recreation leader to hospitalize, secure proper treatment for, and to order injection anesthesia or surgery for my child, named above.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

# REGISTRATION INFORMATION

Mail-in, drop-off & fax registration begins immediately.  
Walk-in registration begins Monday, March 17

## Four Easy Ways To Register:

### 1 Mail-In

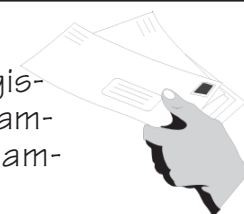
Mail completed form, payment, and health form if appropriate, in a sealed envelope to:

San Bruno Parks & Recreation Services  
567 El Camino Real  
San Bruno, CA 94066  
Attn: Class Registration



### 2 Drop-Off

Place completed form and payment in a sealed envelope in the "Registration Drop Box" at the Recreation Center, Monday - Thursday 8:30am-8:30pm, Friday 8:30am-4:30pm, and Saturday & Sunday, 9:30am-12:30pm.



### 3 Fax-In (650) 583-2545

Fax registrations will be accepted if you plan to pay by VISA or MasterCard. Please write clearly. Fax registration will be compiled with that day's mail.



### 4 Walk-In Starting March 17

Monday-Thursday, 8:30am-8:30pm, Friday, 8:30-4:30pm and Saturday & Sunday, 9:30am-12:30pm. Bring completed form to the Recreation Center in San Bruno City Park, 251 City Park Way.

## Registration Information

- There will be a \$25 fee for each returned check; payment must be made by money order or cash.
- Resident Fee applies to anyone living within the San Bruno City limits, all others must pay non-resident fee.
- For classes located on school grounds, use of tobacco products is prohibited.
- For hearing impaired persons, call California Relay Services at 1-800-735-0373 (Voice) or 1-800-735-0193 (TTY).
- Make checks payable to San Bruno Recreation. (Please write your California Driver's License number on all checks)
- A registration confirmation will be mailed to you.
- DO NOT mail cash.
- Visa/MasterCard payment is available. Accurately complete the designated box on the registration form.

## Refund Policy

Full refunds will be issued only upon the Department's cancellation of a class or activity. Please allow 3 weeks for refunds to be processed. If you choose to withdraw from a class at least 3 working days prior to the first class meeting, you will receive a refund for the amount of the class, less a \$5.00 service charge per activity. If you choose to withdraw from a class less than 3 working days prior to the first class meeting, you may not receive a refund for that class. All refund requests will be taken on a case-by-case basis.

# Registration Form



Please fill out the form below and mail with your payment to:

San Bruno Parks & Recreation Services Department  
 MAILING ADDRESS: 567 El Camino Real  
 San Bruno, CA 94066  
 650-616-7180 (phone)  
 650-583-2545 (fax)

PHYSICAL ADDRESS: 251 City Park Way  
 San Bruno, CA 94066

Payer Name: \_\_\_\_\_  
 (First Name) (Middle Initial) (Last Name)

Address: \_\_\_\_\_  
 (City) (Zip)

Home Phone:( ) \_\_\_\_\_ Work Phone:( ) \_\_\_\_\_ Emergency:( ) \_\_\_\_\_

Participant's Full Name	Grade	Sex M/F	Birthdate (all participants)	Code Number 1 <sup>st</sup> Choice	Code Number 2 <sup>nd</sup> Choice	Activity Name	Program Fee

Processing Fee **\$1.00**

☐ **Yes, I have added \$1.00 to support the Youth Recreation Scholarship Program. Total Fees**  

**Liability Release:** In consideration of my application for the above activity, I hereby waive, release, and discharge any and all claims for damage for death, personal injury or property damage, which I may have, or which may hereafter occur to me, as the result of participation in said event or activity. This release is intended to discharge in advance the City of San Bruno, its officers, employees, agents or volunteers from liability, even though that liability may arise out of negligence or carelessness on the part of persons or entities listed above. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing these risks, I hereby assume those risks. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**It's Easy! You can even use your credit card!**

☐ Visa ☐ M/C

Signature \_\_\_\_\_

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_

I authorize the above charges.

Cardholder's Name (Printed) \_\_\_\_\_

**Parental Consent:** (To be completed if applicant is under 18 years of age): I give my consent for my son/daughter \_\_\_\_\_ to participate in the above activity and I execute the above liability release on his/her behalf. Read Before Signing: I have read and understood the foregoing registration form, liability release form, and parental consent form, and agree to all their terms and conditions.



# 29<sup>th</sup> Annual Easter Egg Hunt & Pancake Breakfast Saturday, March 15 San Bruno City Park

Chamber of Commerce  
Pancake Breakfast

9:00-11:00am

All You Can Eat!

Adults - \$4

Over 65 & Under 12 - \$2

6 & Under Free



San Bruno Project PRIDE  
Activities

10:00am

Easter Egg Hunt

11:00am

Ages 1-8 years old



San Bruno  
Parks and Recreation Services Department  
567 El Camino Real  
San Bruno, CA 94066

PSRT STD  
U.S. Postage  
Paid  
Permit #84  
San Bruno, CA  
E.C.R.W.S.S.

Residential Customer  
San Bruno, CA 94066